

THE LOW FAT LOW CHOLESTEROL INDIAN RECIPE BOOK

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THE **LOW FAT LOW CHOLESTEROL** INDIAN RECIPE BOOK

Book Overview

The traditional Indian cooked food is almost lethal to the heart due to the extensive use of saturated fats, and its methods of preparation which can lead to a multitude of health problems.

This book has over 100 **low cholesterol**, low fat recipes designed specifically to appeal to the Indian palette or the lover of spicier foods.

Do You ?

Need to reduce your cholesterol level and eat healthier foods?

Need to have imaginative and delicious recipes?

Need to eat your favourite foods without piling on the calories?

It is well advertised that we need to cut down on our fat consumption, especially foods high in animal fats in order to reduce our cholesterol levels, high levels of which can lead to heart disease among other problems.

This book has been designed to reduce fats and offer alternative cooking methods in order to cut down the (hidden) calories!

So at last, a book on Healthier Eating that makes meal times a real pleasure.

Just follow the simple steps and you will see the results within a few days!

Cholesterol Lowering Diet-Plan

Follow a Diet Low in Saturated Fat

All foods that contain fat are made up of a mixture of saturated and unsaturated fats. Saturated fat raises your blood cholesterol level more than anything else that you eat.

It is found in the greatest amounts in foods from animals, such as fatty cuts of meat, poultry with the skin, whole-milk dairy products, lard, and in some vegetable oils like coconut, palm kernel, and palm oils.

The best way to reduce your blood cholesterol level is to choose foods low in saturated fat. One way to do this is by choosing foods such as fruit, vegetables, and whole grain foods naturally low in fat and high in starch and fibre.

This sort of lower-fat diet will also help you to lose weight, and remember: obesity is a definite risk factor for both heart disease, diabetes and some cancers.

Follow a Diet Low in Total Fat

Since many foods high in total fat are also high in saturated fat, eating foods low in total fat will help you eat less saturated fat. When you do eat fat, you should substitute unsaturated monounsaturated and polyunsaturated fat for saturated fat.

Examples of foods high in monounsaturated fat are olive and canola oils, those high in polyunsaturated fat include safflower, sunflower, corn, and soybean oils.

Because fat contains more than twice the calories of carbohydrates or protein, this sort of lower fat diet will also help you to lose weight, and remember: obesity is a definite risk factor for heart disease. Eating too much fat, no matter what kind, can make you put on excess weight. Excess dietary fat can also increase your risk of certain types of cancer, such as breast or colon cancer.

Follow a Diet with Plenty of Starch and Fibre

Foods high in starch and fibre are excellent substitutes for foods high in saturated fat. These foods - breads, cereals, pasta, grains, fruits, and vegetables - are low in saturated fat and cholesterol. They are also usually lower in calories than foods that are high in fat.

Foods high in starch and fibre are also good sources of vitamins and minerals.

Diets low in saturated fat and cholesterol, and high in fruits, vegetables, and grain products - like oat and barley bran and dry peas and beans - may help to lower blood cholesterol. The antioxidant properties in certain (eg. brightly coloured) fruits and vegetables can reduce the effects of cholesterol.

The point is, to damage artery walls, cholesterol must first be chemically changed through a process called oxidation. Antioxidants help prevent cholesterol from being chemically changed and help prevent cholesterol from moving out of the blood and into the lining of the blood vessels.

This sort of diet will also help you to lose weight, and remember: obesity is a definite risk factor for both heart disease, diabetes and some cancers.

Follow a Diet Low in Cholesterol

Dietary cholesterol also can raise your blood cholesterol level, although usually not as much as saturated fat. So, it is important to choose foods low in dietary cholesterol. Dietary cholesterol is found only in foods that come from animals. Many of these foods also are high in saturated fat. Foods from plant sources do not have cholesterol but can contain saturated fat.

Following a low cholesterol diet will help you to reduce calories, lose weight and reduce obesity. Good news for your weight and your arteries!

Increase Your Exercise and Fitness

Exercise goes hand-in-hand with a healthy diet. Physical exercise can raise HDL cholesterol and may lower LDL cholesterol. Being more active can also help you lose weight, lower your blood pressure, improve the fitness of your heart and blood vessels, and reduce stress.

10 TOP TIPS TO CUT DOWN FAT

- Use skimmed or semi-skimmed milk rather than whole milk.
- Choose low-fat yoghurts, cheeses and creams.
- Remove all skin and fat from meat and poultry.
- Grill food rather than fry it.
- Use minimum amount of fat for cooking.
- Use non-stick cookware, brushing with melted reduced-fat spread.
- When you are browning meat, do not add any more fat and drain off the excess before continuing with the cooking.
- Choose fish canned in brine/water rather than oil.
- Avoid eating fried, salted foods e.g. crisps, nuts.
- Choose reduced fat, salt and sugar content in foods.

So In Short

Cut down on foods high in saturated and trans-saturated fats:

- Butter
- Lard/Ghee
- Coconut milk/ cream
- Cream
- Full fat cheese
- Chocolates
- Cakes
- Pastries
- Crisps
- Processed meats
- Remove fat from meat
- Remove rind from pork

Instead include foods high in unsaturated fats:

- Oils: olive, rape seed, or vegetable oil
- Margarines: olive or vegetable margarines
- Olives
- Nuts
- Seeds

If you are overweight, try to cut down on all fats as they are high in calories!

General Healthy Eating tips

Try to include in your daily diet:

Starchy foods – bread, pasta, rice, cereal, oats, and pulses

- 5 portions of fruit and vegetable every day (1 portion is one medium fruit or two tablespoons of vegetables)
- Oily fish (e.g. herring, mackerel, sardines, salmon, fresh tuna, trout, marlin, kippers and pilchards) twice a week is ideal
- Cut down on added sugar and sugary foods if you have a lot.
- Choose `diet` soft drinks or 100% fruit juice (instead of `fruit juice drink`)
- Drink alcohol in moderation. Limit yourself to a couple of drinks at any one time.

Eat regular meals:

Try to have 3 regular meals a day: breakfast, lunch and evening meal.

Remember the old proverb.....

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper."

Whilst I recognise that in the world today this may not always be entirely practical, I would say that the principle is sound one. If you eat most of your calories earlier in the day you are fuelling yourself for the day and consequently have more chance to burn them off.

Eat 5 portions of Fruit and Vegetables a day:

What is a portion?

- 2 tablespoons of vegetables, raw, cooked, frozen or canned
- 1 dessert bowlful of salad
- 1 medium size fruit for example: apple, orange, banana
- 2 small fruit for example: plums, apricots, satsumas
- 1 handful of small fruits for example: raspberries, strawberries, grapes
- 2-3 tablespoon fresh or canned fruit salad
- ½ tablespoon of dried fruits

- 1 glass (130 ml) of fruit juice (but only one glass per day counts)

Eat high fibre starchy foods at each meal:

For example: pastes, potatoes, sweet potato, rolled oats, cous-cous whole grain and whole meal breads, rice, chapatis and non-sugar coated high fibre breakfast cereals like Weetabix, Shredded Wheat, Bran flakes.

Eat less sugar and sugary foods:

- Avoid adding sugar foods and drinks.
- Use 'no added sugar' juices and choose fruit in natural juice instead of syrup.
- Limit your intake of high sugar foods like soft drinks and sweets.
- Cut down on the fat in your diet, particularly saturated animal fats.
- Choose low fat dairy products.
- Remove all visible fat from meat and the skin from poultry before cooking.
- Grill, bake, stew, poach, stir-fry or microwave rather than frying.

Use only small amounts of fats and oils.

- Avoid takeaway foods that are crumbed, fried in batter/pastry or cream sauces.
 - Limit your intake of commercial goods e.g. cakes and biscuits, chocolates.
 - Drink alcohol in moderation, this means:
 - Maximum of 2 units of alcohol a day for woman and 3 units a day for man.
 - 1 unit = 125 ml wine or ½ pint lager or beer or 1 measure of spirits
 - Eat less salt.
 - Avoid adding salt when cooking and try not to add salt to your food.
 - Choose low salt, no added salt and salt reduced foods where possible.
- Try and replace salt with alternative such as dried herbs, black pepper and garlic.

Drink plenty of fluid:

- Aim for at least 6-8 cups (1500-2000) of fluid a day.
- Remember that water is the best choice.

Simple ways to eat 5 a day:

Highlight the ones you think you could try...

- Add extra vegetables to your stir fries, casseroles, curries, stews and pasta or rice dishes.
- Add canned pulses (beans and peas) to your casseroles, curries and stews.
- Keep strips of celery, peppers and carrots in the fridge to munch on, either by themselves or with a low fat dip.
- Skip the fries and have a side order of salad
- Make your own healthy vegetable soups. Chop-up different kinds of vegetables and pulses and pasta to make your own rich vegetable soups.
- Don't over cook your vegetables; cook until softened but still firm to bite.
- Try fruits with Lunch. Take a piece of fresh fruit, chop fruit into a small container or take a small can of fruit in natural juice.
- Try vegetables which are in season, they often taste much nicer and are fresher.
- Add a slice of banana, some strawberries, or dried fruit onto cereal or porridge.
- Have half a grapefruit, grape or orange segments canned in fruit juice.
- If grabbing breakfast on-the-go, choose a piece of fruit with a bread roll or sandwich.

OK, that's enough of that, you bought this book for the recipes after all, not a lecture. I do hope it helps a little though.

Recommended Suppliers

The Author has no relationship with these companies, they just happen to be one's he has used in the past and has no hesitation in recommending.

Natco

We recommend Natco's long-established Indian product ranges, available at all Asian stores. Their plastic spice tubs are the tops and their range of general ingredients is enormous and high quality.

If you can't get to an Asian store, they sell online at:

www.natco-online.com

Seasoned Pioneers

This company, run with passion by founder Mark Steene and his gang sells spices, seasonings, mixes and items from around the tasty world. One of the best websites we know. Which isn't surprising because their ranges are just as excellent. Their packaging makes ordinary ingredients look fantastic. But who said Seasoned Pioneers do the ordinary. Two of our favourites are Ras el Hanout and Naga chillies and to find out what they are you'll have to visit.

www.seasonedpioneers.co.uk

Hot Headz

Another man whose business spells passion is Stuart McAllister. His business, Hot Headz needs few words to explain it. His simple and very effective web site sells every known chilli sauce known to mankind and then some.

www.hotheadz-hotsauces.co.uk

If you like this book then you might like to check these links out for more taste bud tingling but healthy food.

[Secrets Of The Indian Restaurant Curry](#)

This cookbook is not just another collection of recipes, Secrets of the Indian Restaurant Curry is a hands-on guide which actually shows, step-by-step, how Indian restaurant chefs create such wonderful meals.

[5 Star Indian Recipes](#)

Five Star Indian Recipes will delight every Indian food lovers. Beautifully arranged in full colour and packed with new recipes specially chosen by Award winning Chefs.

[Jamaican Cooking Made Easy - 3rd Edition](#)

Jamaican Cooking Made Easy Third Edition has Jamaica's best recipes, with recipes by Jamaica's top chefs and cooks to traditional recipes from Jamaica's home cooks in every parish of the country. With the best main dishes, appetiser recipes, side dish recipes, breakfast and dessert recipes these Jamaican recipes can last you for a lifetime.

[500+ Healthy Chinese Recipes Cookbook](#)

Chinese cuisine aims for perfection and balance among four elements in each dish: color, aroma or fragrance, flavor, and presentation. Complete with 173 Colour pictures

[Quick Easy Chinese Vegetarian Cooking](#)

Quick and Easy Chinese Vegetarian Cooking is your complete Chinese cookbook guide that shows you how to cook delicious and healthy Chinese vegetarian recipes that can significantly improve your diet and health.

[Lose Weight - 6 Week Body Makeover](#)

128 handpicked recipes especially for use with the five main body types found in Michael Thurmond's 6 Week Body Makeover.

[Yeast Free Cooking Manual/Cookbook](#)

Instead of knocking yourself out trying to come up with just the right recipe conversion or extra ingredient, you can now have a scrumptious meal on the table in no time and not worry about possible allergic reactions.

[Fat Fighting Foods](#)

Every single one of these foods can help you lose more weight. They have either been directly scientifically proven to aid weight loss (such as grapefruit) or are rich in specific nutrients that stimulate thermogenesis (fat burning).

SEASONING MIXTURES

These can be made in bulk and stored for later use saving time and money.

MILD CURRY POWDER

INGREDIENTS

Makes approx 250g

- 50g coriander seeds
- 25g cumin seeds
- 25g fenugreek seeds
- 25g garlic powder
- 30ml paprika
- 30ml ground turmeric
- 30ml garam masala
- 5ml ground ginger
- 5ml chilli powder
- 5ml mustard powder
- 5ml ground black pepper
- 5ml ground dried curry leaves
- 5ml asafoetida

METHOD

1. Dry roast the coriander, cumin and fenugreek seeds in a pan until lightly coloured.
2. Grind them to a paste and mix with the remaining ingredients.
3. Store in an air-tight container.

GARAM MASALA

INGREDIENTS

Makes 100g

- 25g black cardamom pods
- 5 cinnamon sticks, broken into pieces
- 30ml cloves
- ¼ whole nutmeg, grated
- 25g black peppercorns
- 15g caraway or cumin seeds

METHOD

1. Roast the spices in a small, heavy based pan over a medium heat for 4-5 minutes, stirring constantly until they become a shade darker than their original colour.
2. The spices will also give a distinct aroma and the pan will emit light fumes of smoke.
3. Remove the spices from the pan and grind them to a fine powder in a spice or coffee grinder.
4. Stored in an airtight jar will keep for 5 to 6 months.

GREEN CURRY PASTE

INGREDIENTS

Makes about 175g

- 5ml fenugreek seeds, soaked overnight
- 5 cloves garlic, chopped
- 30ml chopped ginger
- 45ml chopped fresh mint
- 45ml chopped fresh coriander
- 120ml wine vinegar
- 15ml salt
- 15ml ground turmeric
- 10ml chilli powder
- 2.5ml ground cloves
- 5ml ground cardamoms
- 60ml olive oil

METHOD

1. Drain and rinse the fenugreek seeds then puree with all the remaining Ingredients except the olive oil.
2. Heat the olive oil and fry the paste for about 5 minutes until thick and the olive oil appears on the surface.
3. Spoon into jars.

SAMBAR POWDER

INGREDIENTS

Makes 350g

- 225 coriander seeds
- 100g dried red chillies
- 25g black peppercorns
- 25g cumin seeds
- 10ml fenugreek seeds
- 10ml mustard seeds
- 75g yellow split peas
- 10ml poppy seeds
- 1 coconut
- 1 large cinnamon stick, broken into pieces
- 1 large bunch fresh curry leaves
- 10ml ground turmeric

METHOD

1. Dry roast the ingredients except the turmeric in a heavy-based pan until lightly coloured.
2. Grind everything to a fine powder.
3. Add the Ground Turmeric
4. Store in an air-tight container.

TAMARIND JUICE

INGREDIENTS

Makes 250ml

- 1 lemon-sized tamarind
- 250ml warm water

METHOD

1. Boil the tamarind in warm water for about 20 minutes.
2. Squeeze and extract as much juice as possible from the pulp, adding a little extra warm water, if necessary.

SAMBAR, RASAM & SOUPS

SAMBAR

INGREDIENTS

Serves 4

- 75 g red lentils
- 5 ml olive oil
- 5 ml mustard seeds
- 2,5 ml asafoetida
- 2,5 ml fenugreek seeds
- 2,5 ml cumin seeds
- 1 dried red chilli, halved
- 2-3 curry leaves
- 2 green chillies, halved
- 225g mixed vegetables, cubed (radish, onion, potato, aubergine, courgette, green pepper etc.)
- 30ml tamarind juice
- 15ml sambar powder
- 2.5ml ground turmeric
- Pinch salt
- 15ml rice flour (optional)
- 30ml water (optional)
- 15ml chopped fresh coriander

METHOD

1. Cook the lentils in boiling water for about 1 hour until tender then drain and set aside.
2. Heat the olive oil and fry the mustard seeds, asafoetida, fenugreek and cumin seeds, red chilli and curry leaves until the mustard seeds start cracking.
3. Add the green chillies and vegetables and fry for 2 minutes.
4. Add the tamarind juice, water, sambar powder, turmeric and salt, cover and simmer over a low heat until the vegetables are tender.
5. Stir in the cooked lentils and simmer for 5 minutes. If the sambar needs to be thickened, blend the rice flour with water, stir into the pan and simmer for a further few minutes.
6. Garnish with coriander and serve with hot rice.

TOMATO RASAM

INGREDIENTS

Serves 4

- 45ml red lentils
- 5ml olive oil
- 5ml mustard seeds
- 5ml cumin seeds
- 1 dried red chilli, halved
- 5ml ground black pepper
- 2.5 ml asafoetida
- 2-3 curry leaves
- 4 large tomatoes, finely chopped
- 3 green chillies, split lengthways
- 2.5cm ginger, finely chopped
- 600ml water
- 2.5ml ground turmeric
- Pinch salt
- 15ml chopped fresh coriander

METHOD

1. Cook the lentils in water for about 1 hour until tender then drain and set aside.
2. Heat the olive oil and fry the mustard and cumin seeds, chilli, pepper, Asafoetida and curry leaves until the mustard seeds start cracking.
3. Add 250 ml water, the turmeric and salt, bring to the boil and simmer for 5 minutes.
4. Add the lentils and the remaining water return to the boil and stir together well for a few minutes until hot.
5. Serve hot, garnished with coriander.

MULLIGATAWNY SOUP WITH LENTILS

INGREDIENTS

Serves 4-6

- 100g split moong (mung) beans, soaked for 20 minutes
- 2.5ml ground turmeric
- 2.5ml ground red chilli
- 2.5ml black peppercorns
- 2 cinnamon sticks
- 3 bay leaves
- 2.25ltr water
- 1 large onion, chopped
- 5 cloves garlic, chopped
- 2.5cm ginger root, finely chopped
- 10ml ground cumin
- 15ml ground coriander
- 15 ml curry powder
- 45 ml olive oil
- 15 ml black mustard seeds
- 1.5ml fenugreek seeds
- 1 potato, cubed
- 3 carrots, cubed
- 2 tomatoes, skinned and chopped

METHOD

1. Place the first eight ingredients in a pan, bring to the boil and simmer for 15-20 minutes until tender.
2. Blend the next six ingredients to a paste.
3. Heat the olive oil and fry the mustard and fenugreek seeds until the seeds start cracking.
4. Stir in the paste and fry for 5-6 minutes until the olive oil appears on the surface.
5. Cover and cook for 20 minutes, stirring occasionally.
6. Add the vegetables and cook for 8-10 minutes, stirring occasionally, until tender.
7. Discard the bay leaves and cinnamon before serving hot with rice.

CARROT SOUP

INGREDIENTS

Serve 6

- 10ml olive oil
- 450g carrots, diced
- 1 onion, chopped
- 5ml coriander seeds, roasted and crushed
- 5ml sugar
- 900ml stock
- Pinch salt and pepper

METHOD

1. Melt olive oil in a large pan and fry the carrots and onion until soft but not browned.
2. Add the coriander, sugar, stock, salt and pepper.
3. Bring to the boil, cover and simmer gently for 15 minutes until carrots are tender.
4. Puree the soup, diluting with a little more water if it is too thick.

LENTIL SOUP

INGREDIENTS

Serves 4

- 5ml olive oil
- 100g red lentils, soaked for 3 hours
- 2 onions, chopped
- ½ carrot, chopped
- 1 potato, chopped
- ½ turmeric chopped
- 600ml vegetable stock
- Pinch salt and pepper
- 150ml milk
- 15ml plain (all-purpose) flour

METHOD

1. Heat the olive oil in a large pan and fry the lentils and vegetables until the vegetables are soft but not browned.
2. Add the water, salt and pepper bring in to the boil and simmer gently for 30-40 minutes until the lentils and vegetables are tender.
3. Puree the soup in a blender or food processor then return to the pan and simmer for 3 minutes.
4. Blend together the milk and flour, stir into the soup and simmer, stirring occasionally, for 5 minutes.

TOMATO AND COCONUT SOUP

INGREDIENTS

Serves 4

- 15ml olive oil
- 1 onion chopped
- 2 bay leaves
- 30ml plain (all-purpose) flour
- 450g tomatoes, chopped
- 100g desiccated (shredded) coconut
- 2 green chillies
- 2.5cm ginger root
- 500ml water
- Pinch salt
- 45ml coconut milk
- 15ml chopped fresh coriander

METHOD

1. Heat the olive oil and fry the onion and bay leaves until soft.
2. Add the flour and fry for 2 minutes, stirring.
3. Add the tomatoes and coconut and fry for 3 minutes.
4. Puree the chillies and ginger then add to the pan with the water and salt.
5. Bring to the boil then simmer for about 12 minutes.
6. Puree or rub through a sieve then add the coconut milk and boil for a few minutes until the soup is the consistency you prefer.
7. Garnish with coriander before serving.

FISH DISHES

FISH CURRY

INGREDIENTS

Serves 4-6

- 4 large garlic cloves
- 2 onions, cut into chunks
- 2.5cm ginger, chopped
- 30ml lemon juice
- 500g cod or haddock fillets, cut into 5 cm pieces
- 45ml olive oil

Sauce:

- 30ml olive oil
- 5ml mustard seeds
- 1 onion, finely chopped
- 4 cloves
- 4 peppercorns
- 2 bay leaves
- 1 black cardamom pod
- 1.5cm cinnamon stick
- 5ml ground roasted cumin
- 5ml ground turmeric
- 2.5ml ground red chilli
- Pinch salt
- 225g canned tomatoes
- 150ml natural yoghurt
- 15ml sugar
- 200ml water

Garnish:

- 2.5ml garam masala
- 15ml chopped fresh coriander (cilantro)
- 1 small green chilli, chopped

METHOD

1. Puree the garlic, onions, ginger and lemon juice to a smooth paste in a blender or food processor.
2. Marinate the fish in half the paste for 30 minutes. Reserve the other half for the sauce.
3. Make the sauce while the fish is marinating. Heat the olive oil in a heavy based pan and fry the mustard seeds until they start cracking.

4. Add the onion and whole spices and fry until golden brown. Mix in the reserved paste and fry for a few minutes until golden brown.
5. Stir in the ground spices and salt then tomatoes and cook until all liquid has been absorbed.
6. Add the yoghurt and sugar and cook again until all the liquid has been absorbed and the olive oil appears on the surface.
7. Add the water, bring to the boil then simmer over a low heat for 5 minutes.
8. Meanwhile, heat the olive oil and fry the fish over a medium heat for 15 minutes until light brown, turning once or twice. Remove from the pan and place on a serving dish.
9. Pour the sauce over the fish and sprinkle with the garnish.

FISH IN COCONUT CREAM

INGREDIENTS

Serves 6

- 1 coconut, grated (shredded)
- 1.5ml hot water
- 4 onions, chopped
- 10 cloves garlic, chopped
- 2.5cm ginger root
- 30ml olive oil
- 2 curry leaves
- 900g cod fillets, cut into 5 cm squares
- 3 green chillies
- Pinch salt
- 15ml chopped fresh coriander

METHOD

1. Soak the coconut in 300 ml hot water then strain to remove the milk.
2. Pour over the remaining hot water to extract more milk.
3. Puree or grind the onions, garlic and ginger to a fine paste.
4. Warm the olive oil in a frying pan (skillet) and fry the curry leaves until browned.
5. Add the ground spices and fry, stirring occasionally.
6. Add the fish and cook for 1 minute, stirring carefully to coat the fish in the spices. Stir in the coconut milk so that the fish is completely covered.
7. Add the chillies, cover and simmer for 5 minutes.
8. Season to taste with salt and turn the fish over.
9. Simmer, uncovered, for a further 10 minutes until the fish is tender and the sauce has thickened.
10. Garnish with coriander and serve hot with plain rice.

MALABARI FISH

INGREDIENTS

Serves 6

- 1 coconut, grated
- 1.5ltr hot water
- 20ml olive oil
- 3 onions, thinly sliced
- 10 cloves garlic, chopped
- 5cm ginger root, chopped
- 6 green chillies, slit
- 100g plain flour
- 5ml ground turmeric
- 2 tomatoes, chopped
- 900g cod or white fish, thickly sliced
- 40ml lemon juice
- Pinch salt

METHOD

1. Add 300ml hot water to the grated coconut and extract thickened milk.
2. Add the remaining hot water to the coconut and strain to extract the second milk.
3. Heat the olive oil and fry the onions, garlic and ginger for 2 minutes.
4. Add the chillies, flour and turmeric, stirring well to avoid lumps.
5. Add the tomatoes and thin coconut milk, bring to the boil then simmer for 10 minutes.
6. Add the fish and lemon juice and simmer for 15 minutes.
7. Add the thickened coconut milk and salt and simmer for 5 minutes.
8. Serve hot with plain rice.

FISH SHASLIK

INGREDIENTS

Serves 4

- 4 dried red chillies
- 2.5cm ginger root
- 4 cloves garlic, crushed
- 450g cod or white fish fillets, cubed
- 6 cloves
- 6 black peppercorns
- 1 black cardamom pod
- ½ cinnamon stick
- 150ml natural yoghurt
- Pinch salt
- 100g onions, cubed
- 20ml olive oil
- 5ml garam masala

METHOD

1. Grind the chillies and ginger together.
2. Add the garlic to a pan of water and wash the fish in the water to get rid of any fishy smell then drain.
3. Grind together the cloves, peppercorns, cardamom and cinnamon, then mix with the fish.
4. Mix in the yoghurt and salt taste.
5. Fix alternate cubes of fish and onion on skewers and grill under a moderate grill until cooked through and browned, brushing occasionally with olive oil.
6. When cooked through remove from skewers, sprinkle with garam masala and serve hot.

BENGALI STYLE FISH

INGREDIENTS

Serves 6

- 900g white fish fillets, cut into chunks
- Pinch salt
- 10ml ground turmeric
- 3 dried red chillies
- 10ml mustard seeds
- 15ml water
- 5 green chillies, slit
- 15ml mustard oil

METHOD

1. Season the fish with salt and set aside.
2. Grind the turmeric, chillies, mustard seeds and water to a smooth paste.
3. Mix together the fish, ground paste, chillies and oil, place in a steamer and steam for 10 minutes or until tender.
4. Serve hot with plain rice.

FISH VINDALOO

INGREDIENTS

Serves 4-6

- 675g white fish fillets, cut into chunks
- Pinch salt
- 6 dried red chillies
- 10 cloves garlic
- 5cm ginger root
- 10ml cumin seeds
- 675g onions, chopped
- 300ml wine vinegar
- 20ml olive oil
- ½ cinnamon stick
- 25g sugar
- 5ml garam masala
- 6 green chillies

METHOD

1. Sprinkle the fish with salt and leave to stand for 10 minutes.
2. Rinse then pat dry.
3. Grind the red chillies, garlic, ginger, cumin seeds and onions to a fine paste with a little of the wine vinegar.
4. Heat the olive oil and fry the ground spices for a few minutes.
5. Add the cinnamon and fish sprinkle with salt, and fry over a high heat for 5 minutes. Lower the heat and simmer until the fish is tender.
6. Add the wine vinegar, sugar, garam masala and chillies and simmer until the sauce thickens.

SOUTH INDIAN STYLE FISH

INGREDIENTS

Serves 6

- 1.5 herring filets
- 30ml coriander (cilantro) seeds
- 2 dried red chillies, split
- 5ml ground turmeric
- 5ml black peppercorns
- 375ml coconut milk
- 30ml cider vinegar
- 20ml olive oil
- 15ml black mustard seeds
- 1 red onion, chopped
- 8 cloves garlic
- 2.5cm ginger root, crushed
- 2 sprigs fresh curry leaves
- 2 dried red chillies
- 10ml tamarind concentrate
- Pinch salt

METHOD

1. Cut the fish into 5 cm pieces. Dry roast the coriander seeds, chillies, turmeric and peppercorns in a small pan.
2. Puree, or grind to a paste, with 45 ml the coconut milk and the cider vinegar.
3. Heat the olive oil and fry the mustard seeds over a medium heat until they start cracking.
4. Add the onion, garlic, ginger, curry leaves and chillies and fry until the onion is browned.
5. Add the ground spices and fry for 3 minutes.
6. Add a further 45 ml coconut milk and stir over a medium heat until the liquid has evaporated.
7. Add the tamarind, fish and salt and simmer for 5 minutes.
8. Add the remaining coconut milk, stir thoroughly and simmer for 5-10 minutes until thick, stirring occasionally.
9. Serve hot with plain rice.

MONKFISH

INGREDIENTS

Serves 4-6

- 45ml mustard seeds
- 60ml water
- 900g monkfish fillet, cubed
- 30ml plain flour
- 30ml olive oil
- 1 onion, sliced
- 300ml natural yoghurt
- 2 cloves garlic, crushed
- 15ml lemon juice
- Pinch salt and pepper
- 15ml chopped, fresh coriander

METHOD

1. Soak half of the mustard seeds in the water for 3 hours.
2. Grind the remainder and toss the fish in the seeds.
3. Heat the olive oil and fry the onion until golden.
4. Drain the seeds and add to the pan with the fish.
5. Fry for 3 minutes.
6. Stir in the yoghurt, garlic, lemon juice, salt, and pepper, bring to the boil then simmer for 15 minutes until tender.
7. Serve garnished with coriander.

1. FISH WITH TOMATOES

INGREDIENTS

Serves 4

- 30ml olive oil
- 3 onions finely chopped
- 450g plaice fillets
- 5ml salt
- 2 green chillies, thinly sliced
- 5cm ginger root, thinly sliced
- 2 green (bell) peppers, sliced
- 8 mint leaves, finely chopped

Sauce:

- 450g tomatoes, chopped
- 1 onion, finely chopped
- 4 cloves garlic, crushed
- 5ml salt
- 5ml chilli powder
- 15ml arrowroot
- 120ml water
- 15ml olive oil
- 10ml white wine vinegar
- 15ml sugar

METHOD

1. To make the sauce, simmer the tomatoes, onion, garlic, salt and chilli powder together for 20 minutes.
2. Sieve the sauce and discard the tomatoes skins, then return the sauce to a clean pan.
3. Mix the arrowroot and water to a smooth paste.
4. Heat the olive oil then add it to the tomato sauce with the arrowroot paste, wine vinegar and sugar, stirring until the sauce thickens.
5. Heat the olive oil and fry the onions until soft. Remove from the olive oil and set aside.
6. Add the fish and salt to the olive oil and fry for 5 minutes. Return the onions to the pan with the chillies, ginger and peppers.
7. Stir in the tomato sauce. Cover and cook for about 10 minutes until the fish is cooked and sauce has thickened.
8. Garnish with mint and serve with rice and vegetables.

SALMON WITH YOGHURT SAUCE

INGREDIENTS

Serves 6

- 6 salmon steaks
- 30ml lemon juice
- Pinch salt and pepper
- Pinch cayenne
- 5ml ground cumin
- 15ml olive oil

Sauce:

- 45ml olive oil
- 10ml mustard seeds
- 450ml tomatoes, skinned and quartered
- 1 spring onion (scallion), cut into rings
- 1 green chilli, chopped
- 1.5ml dried thyme
- 60ml chopped fresh mint
- 900ml natural (plain) yoghurt, lightly beaten

METHOD

1. Sprinkle the steaks with the lemon juice then season with salt, pepper, cayenne and cumin.
2. Brush with olive oil and leave to stand while you make the sauce.
3. Heat the olive oil and fry the mustard seeds until they start cracking.
4. Add the tomatoes, spring onion, chilli and thyme and cook for 2 minutes until the tomatoes have softened.
5. Add the mint, season with salt and pepper and keep warm.
6. Grill the salmon steaks for about 8 minutes until cooked through and golden brown.
7. Meanwhile, heat the yoghurt very gently until warm then stir into the sauce.
8. Serve the steaks with a little sauce on the top.

TANDOORI FISH

INGREDIENTS

Serves 6

- 900g whole trout
- 20ml olive oil
- 15ml garam masala
- 1 lemon, cut into wedges

Seasoning:

- 2.5cm ginger
- 8 cloves garlic
- 5ml ground turmeric
- 1.5ml chilli powder
- Juice 2 lemons
- Pinch salt

METHOD

1. Cut and scale the fish and wash well and make 4 incisions on either side of the fish.
2. Grind all the seasoning ingredients together to a smooth paste then rub all over the fish, inside and out.
3. Leave to stand for 1 hour.
4. Cook under a hot grill, turning frequently and brushing with the oil, for about 10 minutes until the fish is almost cooked.
5. Sprinkle with garam masala and grill until a dark golden brown colour.
6. Garnish with lemon wedges and serve hot with rice.

PRAWN CURRY

INGREDIENTS

Serves 4

- 450g cooked, peeled prawns
- Juice 1 lemon
- 15ml olive oil
- 5ml black mustard seeds
- 1.5ml fenugreek seeds
- 1 onion, chopped
- 6 cloves garlic, chopped
- 2.5ml ground turmeric
- 1.5ml chilli powder
- 50g desiccated coconut
- 30ml natural yoghurt
- Pinch salt

METHOD

1. Place the prawns in a bowl and squeeze over the lemon juice.
2. Heat the olive oil and fry the mustard and fenugreek seeds until they start cracking.
3. Add the onion and fry until golden.
4. Add the garlic, turmeric, chilli powder, coconut, yoghurt and salt and stir over a low heat for 2 minutes.
5. Add the prawns and salt and simmer for 10 minutes, stirring occasionally.
6. Serve hot with rice.

1. PRAWNS IN SPINACH

INGREDIENTS

Serves 4-6

- 450g peeled prawns
- Pinch salt
- 60ml chopped fresh coriander
- 5ml cumin seeds
- 5 cloves garlic
- 4 green chillies, deseeded
- 2 dried red chillies, deseeded
- 50ml olive oil
- 5 onion sliced
- 450g spinach, chopped
- 5ml ground turmeric
- 600ml water

METHOD

1. Sprinkle the prawns with salt and set aside.
2. Grind the coriander, cumin, seeds, garlic and chillies to a paste and mix the paste with prawns.
3. Heat half the olive oil and fry the onions until browned.
4. Add the prawn mixture, spinach, turmeric and salt and simmer, stirring, until the mixture is well browned.
5. Add the water, bring to the boil then simmer until the ingredients are cooked and the olive oil appears on the surface.
6. Serve hot with rice.

LAMB DISHES

TIKKA KEBABS

INGREDIENTS

Serves 6

- 900g boneless lamb, cubed
- Juice ½ lemon
- Pinch salt
- 20ml olive oil
- 450ml natural yoghurt
- 1 onion, chopped
- 10ml garam masala
- 2 cloves garlic, chopped
- 1cm ginger, chopped
- 5ml paprika
- 1.5ml ground red chillies
- pinch Black pepper

METHOD

1. Mix the meat with the lemon juice, salt and olive oil.
2. Puree the yoghurt, onion, garam masala, garlic, ginger, paprika, chilli and pepper in a blender or food processor.
3. Mix into the meat, cover and marinate in the fridge overnight.
4. Thread the meat on to metal skewers and cook in a preheated oven at 180°C/ 350°F/ gas mark 4 for about 20 minutes, turning and basting occasionally.
5. Serve hot with coriander chutney.

LAMB KORMA

INGREDIENTS

Serves 6

- 900g boned lamb, cut into cubes
- 10ml olive oil
- 225g onions, sliced
- 600ml natural yoghurt
- 2 curry leaves
- 1 cinnamon stick
- 6 cardamom pods
- 8 cloves
- 10 peppercorns
- 10ml ground coriander
- 6 dried red chilli

METHOD

1. Place all the ingredients in to a heavy-based pan and add just enough water to cover.
2. Bring to the boil and simmer over a low heat for about 1 hour until the meat is tender, stirring occasionally and adding a little more water if necessary.
3. When the onions have softened and the oil appears on the surface, the curry is ready.
4. Serve hot.

LAMB GOSHT

INGREDIENTS

Serves 4-6

- 15ml melon seeds
- 15ml blanched almonds
- 5ml chopped ginger root
- 5ml chopped garlic
- 5ml ground cardamom
- 5ml peppercorns, cracked
- 15ml chopped fresh coriander
- 1 cinnamon stick
- 5ml cumin seeds
- 900g boned lamb, cut into chunks
- 10ml olive oil
- 5ml ground turmeric

METHOD

1. Roast the poppy and melon seeds with the almonds in a dry pan until lightly browned then grind to a paste.
2. Grind together the ginger, garlic, cardamom, peppercorns and coriander. Crumble in the cinnamon and mix in the whole cumin seeds.
3. Rub both the spice mixtures over the meat and leave to marinate for 1 hour.
4. Heat the olive oil in a large ovenproof pan and fry the meat for 5 minutes, stirring continuously. Reduce the heat and simmer gently for 15 minutes.
5. Transfer to a preheated oven and cook at 180°C/350°F/ gas mark 4 for 1 hour until the meat is tender.
6. Sprinkle with turmeric and serve hot with rice.

LAMB MADRAS

INGREDIENTS

Serves 4

- 10ml chilli powder
- 10ml ground coriander
- 10ml ground turmeric
- 1.5ml ground ginger
- Pinch salt and pepper
- 300ml coconut milk
- 30ml olive oil
- 1 onion chopped
- 3 cloves garlic, crushed
- 900g lamb, cubed
- 300ml beef stock
- 5ml tamarind concentrate

METHOD

1. Mix the spices, salt and pepper to a paste with a little of the coconut milk.
2. Heat the olive oil and fry the onion and garlic until golden.
3. Add the paste and fry for 3 minutes, stirring.
4. Add the meat and stock, bring to the boil, cover and simmer gently for 1 ½ hours until tender.
5. Stir in the remaining coconut milk and the tamarind and simmer for 10 minutes until thickened.

1. CHICKEN DISHES

BARBECUED CHICKEN

INGREDIENTS

Serves 6

- 5cm ginger root, chopped
- 10 cloves garlic, crushed
- 1 onion chopped
- 300ml natural yoghurt
- 1 chicken skinned and cut into portions
- 10ml chilli powder
- 5ml cumin seeds
- Pinch salt
- 150ml lemon juice
- 45ml butter, melted
- 5ml garam masala
- 1 lemon sliced
- 1 onion, sliced into rings

Seasoning:

- 1 cinnamon stick
- 1 bay leaf
- 8 cloves
- 7 black peppercorns
- 3 cardamom pods

METHOD

1. Grind together ginger, garlic and onion and blend to a paste with the yoghurt.
2. Rub over the chicken and leave to marinate for 5 hours.
3. Grind together all the seasoning ingredients then mix with the chilli powder, cumin seeds, salt and lemon juice.
4. Make a few slashes on each chicken piece and smear with the mixture.
5. Leave stand for 1 hour.
6. Brush the chicken with melted butter and barbecue or grill for about 30 minutes until cooked through and browned, turning frequently.
7. Sprinkle with garam masala and serve garnished with lemon slices and onion rings.

BHUNA CHICKEN

INGREDIENTS

Serves 4

- 4 boneless chicken breasts , skinned and cut into strips
- 90ml natural (plain) yoghurt
- Juice 1 lemon
- 3 cloves garlic, crushed
- 5ml ground turmeric
- 15ml paprika
- 3 cardamom pod seeds
- Pinch salt
- 30ml olive oil
- 2.5ml garam masala
- 30ml chopped fresh coriander

METHOD

1. Place the chicken strips in a bowl and mix yoghurt, lemon juice, garlic, turmeric, paprika, cardamom seeds and salt.
2. Melt half the olive oil and stir into the marinade. Cover and refrigerate for 2 hours.
3. Heat the remaining olive oil and fry the chicken and marinade for 10 minutes, stirring.
4. Add the garam masala and coriander, and fry for a further 10 minutes until the chicken is tender.

1. CORIANDER CHICKEN

INGREDIENTS

Serves 4

- 5 cloves garlic, chopped
- 2.5cm ginger, chopped
- 1 chicken, skinned and cut into 8 pieces
- 30ml olive oil
- 50g flaked almonds
- 50g raisins
- 600ml natural yoghurt
- 5ml ground turmeric
- Pinch salt
- 10 green chillies, slit
- 45ml chopped fresh coriander
- 600ml coconut milk

METHOD

1. Grind the garlic and ginger to a paste then rub it into the chicken pieces.
2. Heat the olive oil and fry the chicken until browned then remove from the pan.
3. Add the almonds and raisins to the pan and fry for 1 minute.
4. Blend the yoghurt, turmeric and salt and add it to the pan with the chicken. Simmer until only a little liquid is left.
5. Add the chillies and simmer until dry.
6. Add the coriander and coconut milk and simmer gently until the chicken is tender and olive oil appears on the surface.

CHICKEN CURRY

INGREDIENTS

Serves 4-6

- 75ml olive oil
- 2 onions, thinly sliced
- 5 cloves garlic, chopped
- 2.5cm ginger root, chopped
- 1.5cm cinamon stick
- 4 cloves
- 4 black peppercorns
- 2 bay leaves
- 1 black cardamom pod
- 12 chicken pieces, skinned
- 15ml ground aniseeds
- 15ml ground almond
- 15ml ground coriander
- 5ml ground roasted cumin
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- 400g canned tomatoes, chopped
- Pinch salt
- 150ml natural yoghurt
- 175ml water

Garnish:

- 2.5ml garam masala
- 15ml chopped fresh coriander
- 1 small green chilli, chopped

METHOD

1. Heat the olive oil and fry the onions, garlic, ginger and whole the spices over a medium heat until golden brown.
2. Add the chicken and fry until golden brown on all sides.
3. Stir in the ground spices, tomatoes and salt and cook until all the liquid has been absorbed and the olive oil appears on the surface.
4. Add the yoghurt and cook until all the liquid has been absorbed. Add two thirds of the water, cover and simmer over a low heat for 20 minutes until the chicken is tender, stirring occasionally.
5. Add the remaining water, increase the heat to medium and cook for a further 2 minutes until the sauce thickens.
6. Sprinkle over the garnish ingredients and serve hot with rice.

CHICKEN DOPIAZA

INGREDIENTS

Serves 6

- 5 onions, sliced
- 5 cloves garlic, sliced
- 2.5cm ginger root, sliced
- 3 green chillies
- 60ml olive oil
- 12 chicken pieces, skinned
- 15ml ground cumin
- 5ml ground turmeric
- 1.5ml ground red chillies
- 2.5ml black pepper
- Pinch salt
- 5ml aniseeds
- 750ml chicken stock
- 2.5ml saffron strands
- 120ml hot milk
- 250ml natural yoghurt

METHOD

1. Blend half the onions with the garlic, ginger and chillies to a smooth paste in a blender or food processor.
2. Heat the olive oil and fry the chicken pieces until browned on all sides then remove from the pan.
3. Add the remaining onions and fry until soft.
4. Add the cumin, turmeric, chilli, pepper, salt, and aniseeds and fry for 3 minutes, stirring.
5. Add the pureed mixture and cook for 5 minutes, stirring.
6. Add the chicken and stock and bring to the boil and simmer for 15 minutes.
7. Meanwhile, soak the saffron in the milk for 15 minutes.
8. Blend together the yoghurt and the saffron milk and stir into the pan, cover and simmer for a further 15 minutes until the chicken is tender and the sauce has thickened.

BAKED CHICKEN

INGREDIENTS

Serves 6

- 6 chicken portions, skinned
- 2.5cm ginger, grated
- 3 cloves garlic, crushed
- 45ml ground coriander
- 15ml cumin seeds, ground
- 250ml natural yoghurt
- 2.5ml garam masala
- 2.5ml chilli powder
- 2.5ml mango powder
- 20ml olive oil

METHOD

1. Place the chicken in a bowl then rub with ginger and garlic.
2. Leave to stand for 1 hour.
3. Dry roast the coriander and cumin seeds for a few seconds then stir into the yoghurt with the garam masala, chilli and mango powders.
4. Stir into the chicken, cover and refrigerate for 24 hours.
5. Arrange the chicken pieces in a baking dish and pour over any remaining marinade.
6. Brush with a little olive oil and roast in preheated oven at 180°C/350°F/ gas mark 4 for about 1 hour until the chicken is tender.
7. Pour off the liquid then spoon 60 ml hot stock over the chicken.
8. Transfer to a hot grill and grill until browned.

MUGHLAI CHICKEN

INGREDIENTS

Serves 6

- 20ml olive oil
- 3 onions, sliced
- 2.5cm ginger root, grated
- 3 cloves garlic, chopped
- 900g chicken pieces, skinned
- 5ml ground turmeric
- 5 dry red chillies
- 5ml ground cardamom
- 5cm cinnamon stick
- 4 bay leaves
- 250cl natural yoghurt
- 30ml cashew nuts, halved
- 2.5ml garam masala
- 15ml lemon juice
- 45ml fresh chopped coriander

METHOD

1. Heat the olive oil and fry the onions until golden.
2. Stir in the ginger and garlic and fry for 3 minutes.
3. Add the chicken, turmeric, chillies, cardamom, cinnamon and bay leaves and fry until the chicken is lightly browned.
4. Stir in half the yoghurt, cover and simmer for about 30 minutes until the chicken is cooked through.
5. Meanwhile, dry roast the nuts until lightly browned and grind and stir into the remaining yoghurt.
6. Stir into the pan with the garam masala and lemon juice and simmer, uncovered, for 5 minutes until the sauce is thick.
7. Serve garnished with coriander.

CHICKEN IN CORIANDER AND MINT

INGREDIENTS

Serves 4-6

- 1 large clove garlic, chopped
- 2.5cm ginger , chopped
- 1 onion, chopped
- 1kg chicken pieces, skinned
- 60ml olive oil
- 5ml mustard seeds
- 5ml cumin seeds
- 5ml garam masala
- 5ml ground coriander
- 2.5ml ground red chilli
- 2.5ml ground roasted cumin
- 2.5ml ground turmeric
- Pinch salt
- 450ml natural yoghurt
- 100g fresh coriander leaves
- 25g fresh mint leaves
- 1 small green chilli, chopped
- 45ml lemon juice

METHOD

1. Blend the garlic, ginger and onion to a smooth paste in a blender or food processor.
2. Rub over the chicken and leave to marinate for 1 hour.
3. Heat half the olive and fry the marinated chicken pieces over a medium heat for about 30 minutes until light brown.
4. Heat the remaining olive oil in a separate pan and fry the mustard seeds until they start cracking.
5. Add the cumin seeds and fry until browned.
6. Stir in the ground spices and salt.
7. Blend the yoghurt, coriander, mint and chilli to a paste then stir into the pan and bring to the boil.
8. Add the fried chicken pieces and cook for 20 minutes until the sauce is the consistency you prefer.
9. Add the lemon juice. Serve hot with rice.

CHICKEN IN COCONUT MILK

INGREDIENTS

Serves 4

- 30ml olive oil
- 8 chicken pieces, skinned
- 2 onions, chopped
- 5 cloves garlic, chopped
- 5cm ginger root, chopped
- 4 dried red chillies
- 4 cloves
- 2.5cm cinnamon stick
- 5ml fenugreek seeds
- 10ml coriander seeds
- 10ml cumin seeds
- 75ml lemon juice
- 600ml coconut milk
- Pinch salt
- 2-3 curry leaves
- 15ml sesame seeds, toasted

METHOD

1. Heat the olive oil and fry the chicken until golden brown then remove from the pan.
2. Blend the onions, garlic, ginger, chillies, cloves, cinnamon, fenugreek, coriander, cumin seeds and lemon juice to a smooth paste in a blender or food processor, adding a little water if necessary.
3. Add this mixture to the pan and fry gently for 5 minutes until light coloured, stirring continuously.
4. Add the coconut milk and salt and return the chicken to the pan.
5. Bring to the boil, cover, and simmer gently until the chicken is tender and the sauce is thick.
6. Serve garnished with curry leaves and sesame seeds.

COCKTAIL CHICKEN DRUMSTICKS

INGREDIENTS

Serves 6-8

- 1.5kg chicken drumsticks, skinned
- Juice 1 lemon
- 4 cloves garlic, chopped
- 1cm ginger root, chopped
- Pinch pepper
- 2.5ml garam masala
- 1.5ml ground red chilli
- 2.5ml paprika
- 2.5ml ground coriander
- 2.5ml ground cumin
- 30ml natural yoghurt
- 10ml olive oil

METHOD

1. Squeeze the lemon juice over the drumsticks and set aside.
2. Puree the remaining ingredients to a fine paste, stir into the chicken, cover and refrigerate for 4 hours.
3. Place the drumsticks on a flat baking tray and brush with the marinade.
4. Bake in a preheated oven at 180°C/250°F/ gas mark 4 for about 25 minutes until cooked through and browned.
5. Serve hot with chutney.

SPICEY GRILLED CHICKEN

INGREDIENTS

Serves 4-6

- 225g canned tomatoes
- 45ml lemon juice
- 5 large cloves garlic
- 2 dried figs
- 2.5cm ginger root, coarsely chopped
- 1 small green chilli
- 10ml garam masala
- 5ml ground coriander
- 5ml ground roasted cumin
- 2.5ml black pepper
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- Pinch salt
- 6 chicken pieces, skinned and pricked with a fork
- 15ml olive oil

Garnish:

- 2.5ml garam masala
- 2.5 ml ground roasted cumin

METHOD

1. Blend the tomatoes, lemon juice, garlic, figs, ginger, chilli, ground spices and salt to a smooth paste in a blender or food processor.
2. Rub the paste into chicken pieces and leave to marinate for 2 hours.
3. Lift the chicken from marinade, brush with the olive oil and place in a ovenproof dish. Grill under a hot grill for 10 minutes.
4. Place the remaining marinade in a pan and reduce over a medium heat.
5. Turn over the chicken pieces, baste evenly with half the marinade, brush with olive oil and return to the grill for a further 10 minutes.
6. Turn them over again, baste with the remaining marinade and grill under a medium-low grill and cook until golden brown and tender, turning and basting as they cook.
7. Meanwhile, boil the potatoes in their jackets then peel and deep-fry them in hot olive oil until golden brown.
8. Sprinkle the garnish ingredients over the chicken and serve hot with the sauteed potatoes, a vegetable pilau, nan or chapatis, raita and chick peas in sauce.

SPICY SOUTH INDIAN CHICKEN

INGREDIENTS

Serves 6

- 1 chicken, cut into twelve pieces
- 10ml ground turmeric
- Pinch salt
- 150ml natural yoghurt
- 225 grated coconut
- 250ml coconut milk
- 20ml olive oil
- 10 cloves garlic, crushed
- 2.5cm ginger root, chopped
- 25ml black peppercorns
- 5ml ground aniseed
- 1 cinnamon stick
- 10 cloves
- 5ml coriander seeds
- 10ml cumin seeds
- 1 onion, chopped
- 5 dried red chillies, soaked in hot water
- 2 tomatoes, skinned and chopped
- 750ml water

METHOD

1. Place the chicken in a bowl and rub in the turmeric, salt and yoghurt.
2. Leave to marinate. Soak the coconut in the coconut milk.
3. Heat 10ml olive oil and fry the garlic, ginger, peppercorns, aniseed, cinnamon, cloves, coriander and cumin for 1 minute.
4. Grind with 45ml coconut mixture.
5. Heat the remaining oil and fry the onion until lightly browned.
6. Add the pureed mixture, chillies and tomatoes and fry for 5 minutes, stirring.
7. Add the remaining coconut mixture, cover and bring the boil.
8. Gradually stir in the water, cover and simmer for 30 minutes until the chicken is tender.

CHICKEN KEBABS

INGREDIENTS

Serves 6

- 4-6 chicken breasts
- juice 1 lemon
- Pinch salt
- 250ml natural yoghurt
- 20ml olive oil
- 4 cloves garlic, crushed
- 2.5cm ginger root, grated
- 5ml ground cumin
- 1.5ml chilli powder
- 2.5ml garam masala
- 5ml paprika

METHOD

1. Remove and discard the fat, skin and bones from the chicken and cut into 2.5cm cubes.
2. Sprinkle with the lemon juice and salt and leave to marinate for 30 minutes.
3. Mix the yoghurt with half the olive oil.
4. Blend in the garlic, ginger, cumin, chilli powder, garam masala and paprika.
5. Pour over the chicken and marinate in the refrigerator overnight.
6. Thread the chicken pieces on to metal skewers and bake in a preheated oven at 240°C/475°F/gas mark 9 for 15 minutes.
7. Baste with the marinade and remaining olive oil, turn over and bake for a further 15 minutes.

CHICKEN IN YOGHURT

INGREDIENTS

Serves 6

- 1 whole chicken skinned
- Pinch salt
- 10ml paprika
- juice 3 lemons
- 5ml saffron strands
- 30ml hot water
- 20ml coriander seeds
- 10ml cumin seeds
- 5ml ground turmeric
- 1.5ml chilli powder
- 30ml garam masala
- 450ml natural yoghurt
- 30ml olive oil
- 5 cloves garlic
- 2.5cm ginger, chopped
- 1 green chilli, chopped

METHOD

1. Cut slits all over the chicken.
2. Rub with salt and paprika and squeeze over the lemon juice.
3. Leave to marinate for 30 minutes.
4. Soak the saffron strands in hot water for 15 minutes.
5. Dry roast the coriander and cumin seeds, turmeric, chilli powder and garam masala for 1 minute.
6. Puree the yoghurt, olive oil, garlic, ginger, chilli and saffron water.
7. Spread this paste over the chicken, cover with foil and leave for marinate in the fridge overnight.
8. Place the chicken in a greased baking tray and pour over the marinade.
9. Roast in a preheated oven at 200°C/400°F/ gas mark 6 for 15 minutes.
10. Reduce the heat to 180 °C/350°F/gas mark 4 cook for a further 30 minutes until the chicken is dark red and cooked through.

CHICKEN MASALA

INGREDIENTS

Serves 4

- 1 whole chicken, skinned
- Pinch salt
- 5ml paprika
- 120ml water
- 1 onion, chopped
- 6 cloves garlic, chopped
- 2.5cm ginger root, chopped
- 5ml ground turmeric
- 30ml garam masala
- 15ml ground coriander
- 10ml ground cumin
- 2.5ml chilli powder
- 20ml olive oil
- 450ml chicken stock
- 120ml natural yoghurt

METHOD

1. Rub salt and paprika all over the chicken.
2. Blend the water, onion, garlic, ginger, turmeric, garam masala, coriander, cumin and chilli powder to a smooth paste in a blender or food processor.
3. Heat the olive oil and fry the paste for 10 minutes, stirring.
4. Add the stock and cook for 5 minutes.
5. Mix the yoghurt then stir it into the pan, bring to the boil then remove from the heat.
6. Rub the mixture all over the chicken, inside and out.
7. Cover foil and bake in a preheated oven at 200°C/350°F/ gas mark 4, baste the chicken with the juices and bake for a further 15 minutes.
8. Remove the foil and bake for a further 10 minutes until the chicken is cooked through and browned.

CHICKEN PALAK

INGREDIENTS

Serves 4

- 15ml olive oil
- 2 onions, sliced
- 5 cloves garlic, crushed
- 2 cloves
- 5ml ground coriander
- 2 tomatoes, skinned and chopped
- 450g spinach, chopped
- Pinch salt and pepper
- 1 chicken, skinned and cut into portions

METHOD

1. Heat the olive oil and fry the onions and garlic until soft.
2. Add the cloves, coriander, tomatoes and spinach and cook for 5 minutes until spinach is softened and wilted.
3. Season with salt and pepper and add the chicken.
4. Cover and simmer gently for about 45 minutes until the chicken is tender.

1. CHICKEN WITH SWEETCORN

INGREDIENTS

Serves 4

- 30ml olive oil
- 3 onions, sliced
- 5ml black peppercorns
- 4 dried red chillies
- 15ml ground coriander
- 5ml ground turmeric
- 50g grated coconut
- 600ml coconut milk
- 450g chicken meat, cubed
- 2-3 curry leaves
- 5ml mustard seeds
- 225g sweetcorn

METHOD

1. Heat the olive oil and fry the onion and the spices until lightly browned.
2. Grind the mixture and mix with the turmeric, coconut and coconut milk.
3. Add the chicken and curry leaves, bring to the boil, cover and simmer for about 25 minutes until tender.
4. Meanwhile, heat the remaining olive oil and fry the mustard seeds until they start cracking.
5. Add the remaining onions and fry until lightly browned.
6. Add the curry with the sweetcorn and heat through gently.
7. Serve hot with rice.

CORIANDER CHICKEN

INGREDIENTS

Serves 4

- 225g chopped fresh coriander
- 1 onion, chopped
- 5 dried red chillies
- 1 tomato, skinned
- 5ml peppercorns
- 5ml cumin seeds
- 2.5ml ground turmeric
- 1 whole chicken, skinned

METHOD

1. Blend the seasoning ingredients to a paste.
2. Make several slashes on either side of the chicken and rub in the paste.
3. Marinate for 3 hours.
4. Wrap the chicken in foil and steam for 1 ½ hours until tender.

SAFFRON CHICKEN

INGREDIENTS

Serves 4

- 2.5ml saffron strands
- 45ml hot milk
- 1 onion, chopped
- 4 cloves garlic, chopped
- 2.5cm ginger root, chopped
- 1 green chilli, chopped
- 45ml water
- 25ml olive oil
- Pinch salt
- 10ml garam masala
- 5ml ground cardamom
- 45ml natural yoghurt
- 1 whole chicken skinned

METHOD

1. Soak the saffron in the hot milk for 15 minutes.
2. Blend the onion, garlic, ginger, chillies and water to a smooth paste.
3. Heat the oil and fry the paste and salt over medium heat until the oil appears on the surface.
4. Add the garam masala and cardamom and cook for 1 minute, stirring.
5. Whisk the saffron milk into the yoghurt then stir it into the pan and cook for 2 minutes.
6. Remove from the heat and rub the mixture all over the chicken, inside and out.
7. Place in a baking tin, seal tightly with foil and bake in a preheated oven at 180°C/350°F/gas mark 4 for 45 minutes.
8. Remove the foil and cook for 15 minutes.
9. Serve hot with rice and vegetables.

SHREDDED CHICKEN

INGREDIENTS

Serves 4

- 1 chicken, skinned
- 1.2ml water
- 2.5ml cumin seeds
- 2.5ml ground coriander
- 2.5cm cinnamon stick
- 4 cloves
- Pinch salt
- 30ml olive oil
- 4 onions, sliced
- 4 green chillies, sliced
- 15ml tomatoes puree
- 5ml lemon juice

Seasoning:

- 1 onion
- 2.5ml aniseeds
- 1.5ml cumin seeds
- 5cm ginger root
- 2 cloves garlic

METHOD

1. Place the chicken in a pan with the water, cumin seeds, coriander, cinnamon, cloves and salt, bring to the boil then simmer for about 1 hour until tender.
2. Drain the chicken then remove the meat from the bones and shred it.
3. Heat the olive oil and fry the onions and chillies until well browned then remove from the pan.
4. Add the chicken and fry until lightly browned.
5. Grind together all the seasoning ingredients and add them to the pan with the onions and chillies.
6. Stir in the tomato puree and lemon juice and simmer until the sauce is dry.

1. TANDOORI CHICKEN

INGREDIENTS

Serves 4-6

- 60ml lemon juice
- 6 large cloves garlic
- 5cm ginger root
- 1 onion, coarsely chopped
- 1 small green chilli
- 150ml natural yoghurt, whisked
- 15ml ground coriander
- 30ml garam masala
- 5ml ground roasted cumin
- 5ml ground turmeric
- 2.5ml ground red chilli
- 1.5ml ground mace
- 1.5ml grated nutmeg
- Pinch salt
- 1 medium chicken, skinned and pricked with a fork
- 30ml olive oil

Garnish:

- 5ml garam masala
- 1 onion, cut into rings
- 1 lemon, sliced
- 30ml chopped fresh coriander
- 2 small green chilli, chopped

METHOD

1. Blend the lemon juice, garlic, ginger, onion and chilli to a smooth paste in a blender or food processor.
2. Place the yoghurt, ground spices and salt in a bowl and stir in the paste.
3. Put the chicken into the marinade and rub it all over the inside and outside of the chicken.
4. Cover and leave to marinate for 8-10 hours, turning 2 or 3 times.
5. Place 2 skewers in the marinated chicken and put the chicken in a deep ovenproof dish, resting the skewers on the top of the dish so that the chicken is not touching the bottom of the dish.
6. Roast in a preheated oven at 180°C/350°F/ gas mark 4 for about 2 hours until the chicken is tender, turning and basting with the marinade and the olive oil as it cooks.

7. Transfer the chicken to a serving dish and sprinkle over the garnish ingredients.

TANDOORI CHICKEN KEBABS

INGREDIENTS

Serves 4

- 4 chicken breasts, skinned and cut into chunks
- 150ml natural yoghurt
- 2.5cm ginger , crushed
- 4 cloves garlic, crushed
- 1 onion, grated
- 15ml lemon juice
- 5ml chilli powder
- 2.5ml red food colour
- 5ml salt
- 20ml olive oil
- 1 lemon, cut into wedges

METHOD

1. Place the chicken in a bowl.
2. Mix together all ingredients except the olive oil and lemon, pour over the chicken and stir well.
3. Cover and leave to marinate overnight.
4. Thread the chicken on to skewers, arrange on a grill or barbecue and
1. brush with marinade and olive oil.
5. Barbecue or grill the chicken for about 15 minutes until cooked through, turning and brushing with the marinade and olive oil as you cook.

CHICKEN WITH VEGETABLES

INGREDIENTS

Serves 4

- 20ml olive oil
- 3 onions, sliced
- 1 chicken, skinned and cut into portions
- 1cm ginger , sliced
- 3 green chillies, sliced
- Pinch salt and pepper
- 250ml boiling water
- 225g cauliflower florets
- 50g peas
- 5ml cumin seeds
- 3 dried red chillies
- 2 tomatoes, skinned and halved
- 100g button mushrooms
- 100g paneer, diced
- 30ml chopped fresh coriander

METHOD

1. Heat the olive oil and fry the onions until golden then remove from the pan.
2. Add the chicken and fry for 15 minutes until half-cooked.
3. Add the ginger, chillies, salt and pepper and fry for 5 minutes.
4. Add the water and simmer gently until the chicken is tender, stirring occasionally.
5. Remove the chicken from the sauce and keep it warm.
6. Add the cauliflower, peas, cumin seeds and chillies to the chicken sauce and simmer for 10 minutes, stirring continuously.
7. Add the tomatoes, mushrooms and paneer and cook for 5 minutes, stirring.
8. Arrange the chicken on a serving plate with the vegetables around the edge and pour over the sauce.
9. Garnish with coriander.

CHICKEN IN YOGHURT MINT SAUCE

INGREDIENTS

Serves 6

- 1 large chicken, skinned
- 5ml ground turmeric
- Pinch salt
- 120ml natural yoghurt
- 20ml olive oil
- 1 onion, grated
- 5 cloves garlic, grated
- 2.5cm ginger , grated
- 5 cardamom pods
- 8 cloves
- 4 bay leaves
- 2 cinnamon sticks
- 2.5ml black peppercorns
- 15ml garam masala
- 5ml paprika
- 1.5ml grated nutmeg
- 450ml chicken stock
- 30ml chopped fresh mint

METHOD

1. Cut the chicken into about 12 pieces, place in a bowl and rub in the turmeric, salt and yoghurt.
2. Leave to marinate for 1 hour.
3. Heat the olive oil and fry the onion, garlic and ginger over a medium heat until browned.
4. Add the whole spices and fry 2 minutes, stirring.
5. Add the ground spices and fry for 3 minutes, stirring.
6. Add the chicken and marinade and stock, bring to the boil, cover and simmer for 45 minutes until the chicken is tender.
7. Add the mint, cover and simmer for a further 5 minutes.
8. Serve hot with rice.

DUCK VINDALOO

INGREDIENTS

Serves 4

- 1 duck, jointed
- 2 cinnamon sticks
- 2 cardamom pods
- 5 cloves
- Pinch salt
- 5 dried red chillies
- 5 green chillies
- 3 onions
- 15ml cumin seeds
- 10 cloves garlic
- 2.5cm ginger root
- 5ml ground turmeric
- 45ml lemon juice
- 15ml sugar
- 2.5ml poppy seeds
- 225g potatoes, quartered
- 20ml olive oil

METHOD

1. Place the duck in a pan and just cover with water.
2. Add the cinnamon, cardamom, cloves and salt, bring to the boil and simmer for 1 hour until the duck is tender.
3. Grind all the remaining ingredients except the potatoes and olive oil to a paste.
4. Heat the olive oil and fry the duck until browned on all sides then remove from the pan.
5. Add the paste and fry until dry.
6. Add 300ml water and simmer until the liquid has disappeared.
7. Add the duck and potatoes and simmer gently until the potatoes are tender and sauce is very thick.

1. EGG DISHES

EGG CURRY

INGREDIENTS

Serves 4-6

- 75ml olive oil
- 5ml cumin seeds
- 1 medium onion, finely chopped
- 4 cloves
- 4 peppercorns
- 2.5cm cinnamon stick
- 1 black cardamom pod
- 5 cloves garlic, coarsely chopped
- 3 onions, coarsely chopped
- 2.5cm ginger root, coarsely chopped
- 25g poppy seeds, ground
- 75g desiccated coconut, finely ground
- 10ml ground coriander
- 5ml ground turmeric
- 2.5ml ground red chilli
- 2.5ml garam masala
- Pinch salt
- 400g canned tomatoes, chopped
- 430ml water
- 15ml lemon juice
- 6 hard-boiled eggs, halved

Garnish:

- 2.5ml garam masala
- 1 small green chilli, chopped

METHOD

1. Heat the olive oil and fry the cumin seeds until browned.
2. Add the onion and whole spices and fry until golden brown.
3. Blend the garlic, onion, ginger and 30ml of the water in a blender or food processor to a smooth paste, and then add it to the pan and fry for 5 minutes.
4. Add the poppy seeds and fry for 2 minutes.
5. Add the coconut and fry for 2 minutes until golden brown.
6. Stir in the ground spices and tomatoes and fry until all the liquid has been absorbed and the olive oil appears on the surface.
7. Pour in 45ml of the water and fry until the water is absorbed.

8. Repeat twice so that the spices can mature the sauce.
9. Finally add the remaining ingredients.
10. Pour the sauce into a serving dish, arrange the eggs on top and sprinkle with garnish ingredients.
11. Serve hot with rice.

EGG KOFTA

INGREDIENTS

Serves 4

- 4 eggs
- 1-2 slices bread, crumbled
- 10ml olive oil
- 1 green chilli, finely chopped
- 5ml minced onion
- Pinch salt

For the sauce:

- 10ml olive oil
- 1 small onion, chopped
- 450g ripe tomatoes, skinned
- 10ml chopped fresh coriander
- 2.5ml garam masala
- 5ml chilli powder

METHOD

1. Hard-boil the eggs, shell and set aside.
2. Soak the bread in cold water until soft then drain and squeeze out any liquid.
3. Slice the eggs lengthways and remove the yolks.
4. Mash the egg yolks into the bread and olive oil.
5. Stir in the chilli, onion and salt.
6. Heap the mixture into the halved egg whites and place in a flat ovenproof dish.
7. To make the sauce, heat the olive oil and fry the onion until soft, but not browned.
8. Stir in the remaining ingredients and simmer for 10 minutes until tender.
9. Pour the sauce over the eggs, cover and cook in a preheated oven at 180°C/350°F/gas mark 4 for about 20 minutes until the sauce is hot.
10. Serve with hot chapatis.

1. PANEER DISHES

MATAR PANEER

INGREDIENTS

Serves 4-6

- 300ml paneer
- 30ml olive oil
- 5 cumin seeds
- 1 small onion, finely chopped
- 4 cloves
- 4 peppercorns
- 2 bay leaves
- 1 black cardamom pod
- 3 large garlic cloves
- 2.5cm ginger root
- 1 onion, cut into chunks
- 45ml water
- 7.5ml ground coriander
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- 225g canned tomatoes, chopped
- Pinch salt
- 600ml whey water (from paneer)
- 500g peas

Garnish:

- 2.5ml garam masala
- 15ml chopped fresh coriander
- 2 small green chillies

METHOD

1. Chop the paneer into 1 cm cubes and soak in warm water for 10 minutes.
2. Remove with a slotted spoon and set aside.
3. Heat the olive oil in a heavy-based pan and fry the cumin seeds until lightly browned.
4. Add the onion, cloves, peppercorns, bay leaves and cardamom and fry until golden brown.
5. Blend the garlic, ginger, onion and water to a smooth paste in a blender or food processor.
6. Stir into the pan and fry for a few minutes until golden brown.

7. Add the coriander, chilli, turmeric, tomatoes and salt and cook over a medium heat until all the liquid has been absorbed.
8. Add 60ml of whey water to the pan and fry until all the water has been absorbed and the olive oil appears on the surface.
9. Add the remaining whey water and the paneer and simmer for 10
2. minutes.
10. Add the peas and simmer for a further 5 minutes until the peas are cooked and the paneer is soft and spongy.
11. Sprinkle over the garnish ingredients and serve hot.

3. PANEER WITH GREEN PEPPER

INGREDIENTS

Serves 4

- 15ml olive oil
- 5ml cumin seeds
- 4 onions, sliced
- Pinch salt and pepper
- 225g Paneer, cubed
- 4 green peppers, cut in rings

METHOD

1. Heat the olive oil and fry for cumin seeds for 1 minute.
2. Add the onions and fry until softened, but not browned.
3. Add salt and pepper and paneer, cover and simmer until the oil appears on the surface and the liquid has evaporated.
4. Add the peppers and simmer for 5 minutes.
5. Cover and leave to stand for 2 minutes before serving.

4. VEGETABLE DISHES

AUBERGINE AND POTATOES

INGREDIENTS

Serves 4

- 30ml olive oil
- large pinch of asafoetida
- 2.5ml fenugreek seeds
- 2.5ml mustard seeds
- 2 large garlic cloves, crushed
- 1cm ginger, chopped
- 1 small onion, finely chopped
- 225g potato, cut into 2,5 cm pieces
- 15ml desiccated coconut
- 225g aubergine, cut into 2,5 cm pieces
- 5ml ground coriander
- 5ml ground roasted cumin
- 2.5ml garam masala
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- Pinch salt
- 225g canned tomatoes, chopped
- 15ml sugar
- 15ml lemon juice

Garnish:

- Pinch garam masala
- 15ml chopped fresh coriander
- 1 small green chilli, chopped

METHOD

1. Heat the olive oil in a heavy-based pan and fry the asafoetida, fenugreek and mustard seeds over a medium heat until the mustard seeds start cracking.
2. Add the garlic, ginger and onion and fry until lightly browned.
3. Add the potato and fry until golden brown.
4. Add the coconut and aubergine and fry for 1 minute. Stir in the coriander, cumin, garam masala, chilli, turmeric and salt.
5. Stir in the tomatoes.
6. Reduce the heat to low, cover and simmer for 20 minutes until the vegetables are tender, stirring occasionally.

7. Add a little water if the mixture becomes too thick.
8. Add the sugar and lemon juice, increase the heat and fry until any remaining liquid has evaporated.
9. Sprinkle with the garnish ingredients and serve hot with dal, rice, raita, chapatis or paratha and chicken dish.

PUNJABI AUBERGINE

INGREDIENTS

Serve 4-6

- 500g aubergines
- 30ml olive oil
- 2.5ml mustard seeds
- 2.5ml cumin seeds
- 3 large garlic cloves, crushed
- 2 onions, finely chopped
- 2.5cm ginger root, finely chopped
- 30ml ground coriander
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- 2.5ml garam masala
- 400g canned tomatoes, chopped
- Pinch salt
- 250g peas

Garnish:

- 2.5ml garam masala
- 15ml chopped fresh coriander
- 1 small green chilli, chopped

METHOD

1. Bake the aubergine in a preheated oven at 200°C/400°F/ gas mark 6 for about 45 minutes until tender.
2. Peel off the skin and mash or puree the flesh.
3. Heat the olive oil in a heavy-based pan and fry the mustard seeds over a medium heat until they start cracking.
4. Add the cumin seeds, garlic, onion and ginger and fry over a medium heat until golden brown.
5. Stir in the mashed aubergine and fry for a further 2 minutes.
6. Add the coriander, chilli, turmeric, garam masala and tomatoes and simmer until the water has been absorbed and the olive oil appears on the surface.
7. Stir in the peas and simmer for 3 minutes.
8. Sprinkle with the garnish ingredients and serve hot.

1. AUBERGINES WITH MUSTARD SEEDS

INGREDIENTS

Serves 6

- 3 medium aubergines
- 30ml olive oil
- 30ml mustard seeds, ground
- 2.5ml chilli powder
- 60ml chopped fresh coriander
- 5ml salt
- 300ml natural yoghurt

METHOD

1. Grill the aubergines for about 15 minutes until the skins are charred and the flesh is soft.
2. When cool enough to handle, peel off the skins and roughly chop the flesh.
3. Heat the olive oil and fry the mustard seeds, aubergine and chilli powder for 5 minutes, stirring.
4. Add the coriander.
5. Beat the salt into the yoghurt then stir into the pan until well blended.
6. Serve at once.

2. BANANA FOOGATH

INGREDIENTS

Serves 4

- 15ml olive oil
- 4 bananas, chopped
- Juice 1 lemon
- ½ green pepper, sliced
- 2 tomatoes, skinned and chopped
- 5ml chilli powder
- Pinch salt

METHOD

1. Heat the olive oil then add the ingredients and stir gently on a medium heat until sizzling.
2. Serve at once.

PUNJABI STYLE BEANS AND POTATO

INGREDIENTS

Serves 6

- 30ml olive oil
- 2.5ml mustard seeds
- 2.5ml cumin seeds
- 2 large garlic cloves, crushed
- 2.5cm ginger root, finely chopped
- 1 medium onion, finely chopped
- 250g potatoes, cut into 1 cm pieces
- 250g beans, cut into 1 cm pieces
- 5ml garam masala
- 5ml ground coriander
- 5ml ground roasted cumin
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- Pinch salt
- 250g canned, chopped tomatoes
- 50ml water
- 15ml lemon juice

Garnish:

- pinch garam masala
- 1 small green chilli, chopped

METHOD

1. Heat the olive oil in a large heavy- based pan and fry the mustard seeds over a medium heat until they start cracking.
2. Add the cumin seeds and fry until browned.
3. Add the garlic, ginger and onion and fry until lightly browned.
4. Add the potatoes and fry for 5 minutes.
5. Add the beans and fry for 2 minutes.
6. Stir in the garam masala, coriander, cumin, chilli, turmeric, salt, tomatoes and water.
7. Bring to the boil, reduce the heat to low, cover and simmer for 15 minutes until tender, stirring occasionally.
8. Increase the heat and simmer until the remaining liquid has evaporated.
9. Sprinkle over the garnish ingredients and serve hot.

GREEN BEANS WITH COCONUT

INGREDIENTS

Serves 6

- 20ml olive oil
- 15ml mustard seeds
- 4 dried red chillies
- Pinch asafoetida
- 2 onions, chopped
- 1cm ginger root, chopped
- 4 cloves garlic, crushed
- 1.5kg green beans , cut into 2,5 cm pieces
- 50g grated coconut
- Pinch salt

METHOD

1. Heat the olive oil and still mustard seeds until they start cracking.
2. Add the chillies and asafoetida and fry for 39 seconds.
3. Add the onions, ginger, and garlic and cook until browned.
4. Add the beans, coconut and salt, cover and simmer gently for 8-10 minutes until cooked.
5. Remove the lid and cook for 5 minutes until the water has evaporated.
6. Serve hot with rice and curry.

1. SOUTH INDIAN STYLE CABBAGE

INGREDIENTS

Serves 4

- 1 white cabbage, finely shredded
- 30ml olive oil
- 5ml mustard seeds
- 2 onions, chopped
- 30ml chopped fresh coriander
- 100g desiccated coconut
- 150ml coconut milk

METHOD

1. Blanch the cabbage in boiling water for 3 minutes then drain thoroughly.
2. Heat the olive oil and fry the mustard seeds until they start cracking.
3. Add the onion and fry until golden.
4. Add half the coriander, the coconut and the cabbage and stir-fry, gradually adding enough coconut milk to keep the mixture moist.
5. Heat through thoroughly, sprinkle with the remaining coriander and serve at once.

2. CABBAGE AND POTATO

INGREDIENTS

Serves 4

- 25ml olive oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 5ml cumin seeds
- 5ml ground turmeric
- 450g cabbage, shredded
- 450g potatoes, quartered
- 2 tomatoes, skinned and chopped
- 1 green chilli, chopped
- Pinch salt
- 5ml mango powder
- 5ml garam masala
- 30ml chopped fresh coriander

METHOD

1. Heat the olive oil and fry the onion, garlic and cumin seeds until golden.
2. Stir in the turmeric, cabbage and potatoes, tomatoes and green chilli.
3. Season with salt and fry for 2 minutes, stirring.
4. Cover and simmer gently for 10-15 minutes.
5. Stir in the mango powder and garam masala, cover and cook for a further 5 minutes.
6. Serve sprinkled with coriander.

CARROTS AND PEAS

INGREDIENTS

Serves 4

- 30ml olive oil
- 5ml mustard seeds
- 5ml cumin seeds
- 2 large cloves garlic, crushed
- 1cm ginger root, minced
- 1 small onion, chopped
- 5ml ground coriander
- 2.5ml garam masala
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- Pinch salt
- 225g canned tomatoes, chopped
- 450g tender carrots, cut into 2.5 cm in pieces
- 250g peas
- 450g tender carrots, cut into 2.5 cm pieces

Garnish:

- 2.5 mlg masala
- 15ml chopped fresh coriander
- 1 small green chilli, chopped

METHOD

1. Heat the olive oil in a heavy-based pan and fry the mustard seeds over a medium heat until they start cracking.
2. Add the cumin seeds and fry until lightly browned.
3. Stir in the garlic, ginger and onion and fry over a medium heat until golden brown.
4. Stir in the coriander, garam masala, chilli, turmeric and salt. Stir in the tomatoes and carrots.
5. Reduce the heat to medium-low, cover and cook for 10 minutes until tender, stirring occasionally.
6. Increase the heat and dry off any remaining water.
7. Stir in the peas and cook for a further few minutes until the peas are tender and the olive oil appears on the surface of the mixture.
8. Sprinkle over the garnish ingredients and serve hot.

1. SPICED CAULIFLOWER

INGREDIENTS

Serves 6-8

- 1 cauliflower
- 30ml olive oil
- 2 large onions, chopped
- 1cm ginger , chopped
- 4 cloves garlic, chopped
- 3 dried red chillies
- 1 cinnamon stick
- 1 bay leaf
- 2 green chillies, chopped
- 4 cloves
- 2.5ml cumin seeds
- 3 cardamom pods
- Pinch salt
- 300ml natural yoghurt
- 250ml water

METHOD

1. Heat half the olive oil and fry the cauliflower until lightly browned.
2. Transfer to a casserole dish and cover with the onion, ginger, garlic and spices.
3. Pour over the yoghurt and water and add the remaining olive oil.
4. Cover and cook in a preheated oven at 180°C/350°F/gas mark 4 for about 45 minutes until tender.

FENUGREEK LEAVES AND POTATO

INGREDIENTS

Serves 4-6

- 30ml olive oil
- 5ml cumin seeds
- 1 onion, finely chopped
- 1.5cm ginger root, finely chopped
- 500g potatoes, cut into 1,5 cm in pieces
- 10ml ground coriander
- 2.5ml garam masala
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- Pinch salt
- 100g fenugreek leaves, coarsely chopped

Garnish:

- 2.5ml garam masala
- 1 small green chilli, chopped

METHOD

1. Heat the olive oil and fry the cumin seeds over a medium heat until golden.
2. Add the onion and ginger and fry until lightly browned.
3. Add the potato pieces and fry for 15 minutes.
4. Stir in the ground spices and fenugreek leaves, cover and cook over a low heat for 10 minutes until the potatoes are tender.
5. Sprinkle over the garnish ingredients and serve hot.

MANGO CURRY

INGREDIENTS

Serves 4-6

- 5ml olive oil
- 10 ml mustard seeds
- 5 dried red chillies
- 100g grated coconut
- 10ml ground turmeric
- 4 large ripe mangoes, cubed
- 600ml water
- 50g raisins
- 3 cloves
- 25g sugar
- pinch salt
- 1 spring fresh curry leaves

METHOD

1. Heat the olive oil and fry the mustard seeds and chillies until the seeds start cracking.
2. Add the coconut and turmeric and fry until browned.
3. Add the remaining ingredients and simmer for 10-15 minutes until the mango is tender.

1. CURRIED MUSHROOMS, POTATOES AND PEAS

INGREDIENTS

Serves 6

- 20ml olive oil
- 1 onion, sliced
- 4 cloves garlic, crushed
- 2.5cm ginger root, grated
- 45ml chopped, fresh coriander
- 15ml garam masala
- 5ml ground turmeric
- 1.5ml chilli powder
- 900g potatoes, quartered
- Pinch salt
- 120ml water
- 900g mushrooms, halved
- 100g peas

METHOD

1. Heat the olive oil and fry the onion until browned. Stir in the garlic, ginger and coriander and fry for 2 minutes.
2. Add the garam masala, turmeric and chilli powder and fry for 1 minute, stirring.
3. Add the potatoes, salt and water, bring to the boil, cover and simmer for 10 minutes until the potatoes are three-quarters cooked, stirring occasionally.
4. Add the mushrooms and peas, cover and cook for 5-8 minutes.
5. Remove the lid, increase the heat and cook until three-quarters of the liquid has evaporated, stirring occasionally.
6. Serve hot.

2. CURRIED MUSHROOMS WITH SPINACH

INGREDIENTS

Serves 6

- 450g button mushrooms, halved
- 120 white wine vinegar
- 45ml clear honey
- 20ml olive oil
- 2.5cm ginger root, grated
- 450g spinach, chopped
- 5ml ground cloves
- 2.5ml chilli powder
- 1 clove garlic, crushed
- 2.5ml paprika

METHOD

1. Mix together the mushrooms, wine vinegar, and honey and leave to marinate for 1 hour.
2. Drain off the liquid. Heat 10 ml olive oil and fry the ginger for 30 seconds.
3. Add the mushrooms and fry for 3-4 minutes, stirring, and then remove from the pan.
4. Heat the remaining olive oil and fry the ginger for 1 minute.
5. Add the spinach, cloves, chilli powder and garlic, cover and simmer for 3-4 minutes.
6. Stir in the mushrooms, sprinkle with paprika and simmer, stirring, until well blended.

FRAGRANT SPICY OKRA

INGREDIENTS

Serves 4

- 20ml olive oil
- 5ml mustard seeds
- 2.5cm ginger root, chopped
- 2 green chillies, chopped
- 6 curry leaves, torn
- 10ml sambar powder
- 450ml okra, chopped
- Pinch salt
- Juice ½ lime

METHOD

1. Heat the olive oil and fry the mustard seeds until they start cracking.
2. Add the ginger, chillies, curry leaves and fry until lightly browned.
3. Add the sambar powder and fry for a few seconds.
4. Add the okra and simmer over a low heat, stirring, for about 10 minutes until half cooked.
5. Add the salt, stir, cover and cook for a further 10 minutes until soft.
6. Stir in the lime juice before serving.

1. CURRIED SPRING ONION

INGREDIENTS

Serves 4

- 30ml olive oil
- 5ml mustard seeds
- 2.5ml cumin seeds
- 2 onions chopped
- 2.5cm ginger root, grated
- 3 cloves garlic, crushed
- 30ml chopped fresh coriander
- 5ml ground turmeric
- 2 green chillies, chopped
- 350g spring onions , chopped
- 100g red lentils, soaked
- 5ml ground cloves

METHOD

1. Heat the olive oil and fry the mustard and cumin seeds until they start cracking.
2. Add the onions and fry until golden.
3. Add the ginger and garlic and fry for 2 minutes, stirring.
4. Add the coriander, turmeric and chillies and fry for 1 minute.
5. Add the spring onions, cover and cook for 2 minutes.
6. Stir in the cloves, cover very tightly and simmer for 20 minutes until well blended, stirring once.

2. GREEN PEPPER AND POTATO

INGREDIENTS

Serves 4

- 30ml olive oil
- Pinch asafoetida
- 2.5ml mustard seeds
- 2.5ml onion seeds
- 250g potatoes, cut into 2,5 cm in pieces
- 250g green pepper, cut into 2,5 cm pieces
- 5ml ground coriander
- 5ml ground roasted cumin
- 2.5ml garam masala
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- Pinch salt

Garnish:

- 2.5ml garam masala
- 15ml chopped fresh coriander

METHOD

1. Heat the olive oil in a heavy-based pan and fry the asafoetida, mustard and onion seeds over a medium heat until they start cracking.
2. Add the potato pieces and fry until lightly browned.
3. Add the pepper and cook for 1 minute.
4. Stir in the coriander, cumin, garam masala, chilli, turmeric and salt, reduce the heat to low and cook for about 10 minutes until vegetables are tender, stirring occasionally.
5. Sprinkle with the garnish ingredients and serve hot.

6. FENUGREEK POTATOES

INGREDIENTS

Serves 4

- 20ml olive oil
- 2.5ml cumin seeds
- 2.5ml ground turmeric
- 10ml ground fenugreek
- Pinch salt
- 2 tomatoes, skinned and chopped
- 6 large potatoes, boiled and cubed
- Juice ½ lemon

METHOD

1. Heat the olive oil and fry the cumin seeds for 1 minute.
2. Add the turmeric, fenugreek and salt and fry for a few seconds.
3. Add the tomatoes and fry until the oil appears on the surface.
4. Add the potatoes, cover and simmer for about 10 minutes, stirring occasionally.
5. Stir in the lemon juice before serving.

POTATO AND CARROT KORMA

INGREDIENTS

Serves 4

- 2 large potatoes, chopped
- 2 carrots, chopped
- 100g green beans, chopped
- 1 large tomato, skinned and chopped
- Pinch salt
- 50g grated coconut
- 6 green chillies
- 1 onion, chopped
- 1cm ginger root, chopped
- 2.5ml ground turmeric
- 15ml chopped fresh coriander
- 15 ml aniseeds
- 1 cinnamon stick
- 4 cloves
- 2 cardamom pods
- 15ml poppy seeds
- 7ml olive oil
- 2-3 bay leaves

METHOD

1. Place the potatoes, carrots and beans in a pan, just cover with water, bring to the boil and simmer until tender.
2. Add the tomato and salt and simmer for 1-2 minutes.
3. Meanwhile, grind together the coconut, chillies, onion, ginger, turmeric and coriander to a paste with a little water.
4. Grind the aniseeds, cinnamon, cloves, cardamom and poppy seeds to a powder.
5. Stir the paste into the vegetables then sprinkle on the masala.
6. Heat the olive oil and fry the bay leaves until slightly darkened then stir them into the pan and simmer for 5 minutes, stirring.

GUJRATI-STYLE POTATOES

INGREDIENTS

Serves 4

- 15ml olive oil
- 5ml mustard seeds
- 450g potatoes, quartered
- 10ml ground coriander
- 2.5ml ground turmeric
- 2.5ml chilli powder
- 5ml tamarind concentrate
- 15ml jaggery
- Pinch salt
- ½ coconut, grated
- 1 bunch fresh coriander , chopped
- 1 green chilli, chopped

METHOD

1. Heat the olive oil and fry the mustard seeds until they start cracking.
2. Add the potatoes, coriander, turmeric, chilli powder, tamarind, jaggery and salt and fry for 2-3 minutes, stirring.
3. Add just enough water to cover the potatoes and simmer until the potatoes are tender.
4. Add the coconut, coriander and chilli, and simmer until the sauce has thickened.
5. Serve hot.

SPICY POTATOES

INGREDIENTS

Serves 4-6

- 500g small potatoes
- 60ml olive oil
- 1 small onion, finely chopped
- 4 cloves
- 4 peppercorns
- 2 bay leaves
- 1 cardamom pod
- 1cm cinnamon stick
- 1 large onion cut into chunks
- 2 cloves garlic
- 1cm ginger root
- 10ml ground coriander
- 2.5ml ground roasted cumin
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- Pinch salt
- 400g canned tomatoes
- 150ml natural yoghurt
- 375ml water

Garnish:

- 2.5ml garam masala
- 15ml chopped fresh coriander
- 1 small green chilli, chopped

METHOD

1. Prick the potatoes all over with a fork.
2. Heat half the olive oil and fry the potatoes until golden brown on all sides.
3. Drain and set aside.
4. Heat the remaining olive oil in a heavy-based pan and fry the chopped onion, cloves, peppercorns, bay leaves, cardamom and cinnamon over a medium heat until golden brown.
5. Stir in the coriander, cumin, chilli, turmeric and salt.
6. Stir in the tomatoes and cook until the olive oil appears on top of the mixture.
7. Stir in the yoghurt and cook until all the liquid has been absorbed.

8. Add the water and fry potatoes, bring to the boil then cover and cook gently for about 20 minutes until tender.
9. Sprinkle over the garnish ingredients and serve hot.

POTATO AND MATAR

INGREDIENTS

Serves 4-6

- 250g potatoes, cut into 2,5 cm pieces
- 35ml olive oil
- 1 small onion, finely chopped
- 3 large garlic cloves
- 1 medium onion, coarsely chopped
- 1cm ginger root
- 175ml water
- 10ml ground coriander
- 5ml ground roasted cumin
- 2.5ml garam masala
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- Pinch salt
- 225g canned tomatoes
- 150ml natural yoghurt
- 450g peas

Garnish:

- 2.5ml garam masala
- 15ml chopped fresh coriander
- 1 small green chilli, chopped

METHOD

1. Boil the potatoes for five minutes and set aside.
2. Meanwhile, heat the olive oil in a heavy-based pan and gently fry the small onion until golden.
3. Blend the garlic, medium onion, ginger and 30ml of water to a smooth paste in a blender or a food processor.
4. Add it to the pan and fry for a further few minutes until golden brown.
5. Stir in the coriander, cumin, garam masala, chilli, turmeric and salt.
6. Stir in the tomatoes.
7. Simmer until all the liquid has been absorbed and olive oil appears on the top of the mixture.
8. Stir in the yoghurt and simmer until the liquid has been absorbed.
9. Stir in the remaining water with potatoes and peas, cover and simmer for 3 minutes.

NEW POTATOES IN THEIR JACKETS

INGREDIENTS

Serves 4-6

- 30ml olive oil
- 5ml mustard seeds
- 5ml cumin seeds
- 500g small new potatoes, whole
- 10ml ground coriander
- 5ml ground roasted cumin
- 5ml garam masala
- 2.5ml ground turmeric
- 1.5ml ground red chilli
- Pinch salt
- 10ml ground mango powder OR 2.5ml citric acid

Garnish:

- 15ml chopped fresh coriander
- 1 small green chilli, chopped

METHOD

1. Heat the olive oil in a heavy-based pan and fry the mustard seeds over a medium heat until they start cracking.
2. Add the cumin seeds and fry until lightly browned.
3. Stir in the potatoes and fry over a medium heat for 5 minutes, then reduce the heat to medium-low and fry for a further 3 minutes.
4. Stir in the coriander, cumin, garam masala, turmeric, chilli and salt cover and cook on a low heat for 5 minutes until tender, stirring occasionally.
5. Add the mango powder or citric acid and mix the ingredients together well.
6. Sprinkle over the garnish ingredients and serve hot.

1. SOUTH INDIAN – STYLE POTATOES

INGREDIENTS

Serves 4

- 450g potatoes, diced
- 10ml ground turmeric
- 90ml olive oil
- 15ml split black beans, crushed
- 10ml mustard seeds
- 4 curry leaves
- 3 dried red chillies, halved
- 5ml paprika
- 3 onions, sliced
- 2 tomatoes, skinned and chopped
- Pinch salt

METHOD

1. Boil the potatoes with the turmeric for a few minutes until just beginning to soften.
2. Meanwhile, heat the olive oil and fry the split beans and mustard seeds until the seeds start cracking.
3. Add the curry leaves, chillies and paprika and fry until golden.
4. Add the tomatoes and fry for 5 minutes
5. Stir in the potatoes and salt and fry for about 2 minutes.

2. GUJRATU-STYLE POTATO AND FRENCH BEANS

INGREDIENTS

Serves 4

- 30ml olive oil
- 5ml mustard seeds
- 5ml cumin seeds
- 2 large garlic cloves, crushed
- 1cm ginger root, finely chopped
- 250g potatoes, cut into 1 cm pieces
- 250g French beans, cut into 1 cm pieces
- 5ml ground coriander (cilantro)
- 5ml ground roasted cumin
- 5ml garam masala
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- Pinch salt
- 100ml water
- 15ml lemon juice
- 10ml sugar

METHOD

1. Heat the olive oil in a heavy-based pan and fry the mustard seeds over a medium heat until they start cracking.
2. Add the cumin seeds and fry until lightly browned.
3. Stir in the garlic, ginger and potatoes and fry for 5 minutes.
4. Stir in the beans and fry for 2 minutes. Stir in the coriander, cumin, garam masala, chilli, turmeric, salt and water.
5. Bring to the boil, cover and simmer over a low heat for 15 minutes until, tender, stirring occasionally.
6. Add the lemon juice and sugar and increase the heat to high to dry off any remaining water.
7. Serve hot.

SPICY SPINACH

INGREDIENTS

Serves 6

- 1.5kg spinach, chopped
- 1 green cabbage
- 450ml water
- 20ml olive oil
- 15 black mustard seeds
- 1 onion, chopped
- 5 cloves garlic, chopped
- 2.5cm ginger root, chopped
- 5ml ground turmeric
- 2.5ml chilli powder
- 15ml garam masala
- Pinch salt

METHOD

1. Boil the spinach and cabbage in the water for about 12 minutes until tender then drain and mash.
2. Heat the olive oil and fry the mustard seeds until they start cracking.
3. Stir in the onion, garlic and ginger and cook until browned.
4. Add the turmeric, chilli powder, garam masala and salt and fry for 1 minute, stirring continuously.
5. Stir in the vegetables, cover and simmer for 5 minutes until the liquid evaporates, stirring occasionally.
6. Serve hot.

SWEETCORN WITH PEPPER

INGREDIENTS

Serves 4

- 30ml desiccated coconut
- 4 green chillies
- 2.5cm ginger root
- 4 cloves garlic
- 15ml olive oil
- 10ml mustard seeds
- 1 red pepper, diced
- 1 green pepper, diced
- 400g sweetcorn
- salt

METHOD

1. Puree the coconut, chillies, ginger and garlic to a paste with a little water, if necessary.
2. Heat the olive oil and fry the mustard seeds until they start cracking.
3. Add the paste and fry for 3-4 minutes, stirring.
4. Add the peppers and sweet corn and season to a taste with salt.
5. Stir-fry for 3 minutes.
6. Reduce the heat to and simmer for 10 minutes until the peppercorns are just tender.

TURNIP AND PEAS

INGREDIENTS

Serves 4

- 30ml olive oil
- 5ml mustard seeds
- 5ml cumin seedds
- 2 large cloves garlic, crushed
- 1cm ginger root, minced
- 1 small onion, chopped
- 5ml ground coriander (cilantro)
- 2.5ml garam masala
- 2.5ml ground red chilli
- 2.5ml ground turmeric
- Pinch salt
- 225g canned tomatoes, chopped
- 450g tender turnips, cut into 2,5 cm pieces
- 250g peas

Garnish:

- 2.5ml garam masala
- 15ml chopped fresh coriander (cilantro)
- 1 small green chilli, chopped

METHOD

1. Heat the olive oil in a heavy based pan and fry the mustard seeds over a medium heat until they start cracking.
2. Add the cumin seeds and fry until lightly browned.
3. Stir in the garlic, ginger and onion and fry over a medium heat until golden brown.
4. Stir in the coriander, garam masala, chilli, turmeric and salt. Stir in the tomatoes and turnips.
5. Reduce the heat to a medium-low, cover and cook for 10 minutes until tender, stirring occasionally.
6. Increase the heat and dry off any remaining water.
7. Stir in the peas and cook for a further few minutes until the peas are tender and the olive oil appears on the surface of the mixture.
8. Sprinkle over the garnish ingredients and serve hot.

1. MUMBAI MIXED VEGETABLES

INGREDIENTS

Serves 4

- 30ml desiccated coconut
- 30ml water
- 3 green chillies, chopped
- 10ml cumin seeds
- 5ml ground turmeric
- 150ml coconut milk
- 675g mixed vegetables, sliced
- 1 mango chopped
- 30ml natural yoghurt
- 10 curry leaves
- Pinch salt

METHOD

1. Blend the coconut, water, chillies, cumin seeds, turmeric and coconut milk to a paste.
2. Blanch the vegetables in boiling water for 4 minutes then strain, leaving enough blanching water to cover the vegetables.
3. Add the mango, yoghurt, curry leaves and paste and simmer gently until the vegetables are tender.
4. Add the salt.

MUBAI-STYLE BHURTA

INGREDIENTS

Serves 6

- 20 =ml olive oil
- 1 onion, chopped
- 6 cloves garlic, crushed
- 2 green chillies, chopped
- 2.5cm ginger root, chopped
- 30ml cider vinegar
- 30ml ground coriander
- 1.5ml ground red chilli
- 10ml ground turmeric
- 3 medium aubergines , diced
- 450g mushrooms, finely chopped
- 1 green pepper, finely chopped
- 225g marrow, chopped
- 2 turnips, chopped
- 5 tomatoes, skinned and chopped
- Pinch salt

METHOD

1. Heat the olive oil and fry the onion, garlic, chillies and ginger until browned.
2. Add the cider vinegar, coriander, chilli and turmeric and fry for 1 minute, stirring.
3. Stir in the vegetables and salt, cover and simmer for 15 minutes until the vegetables are cooked.
4. Remove the lid, increase the heat and cook until the liquid evaporated, stirring constantly.
5. Serve hot.

MIXED VEGETABLE CURRY

INGREDIENTS

Serves 4

- 20ml olive oil
- 1 onion, chopped
- 5 cloves garlic, chopped
- 1cm ginger root, chopped
- 1 green chilli
- 1 cinnamon stick
- 15ml curry powder
- 2.5 ml ground turmeric
- 1 potato, cubed
- 450g broccoli spears
- 2 carrots, sliced
- 1 small cauliflower, cut into florets
- 1 large tomato, skinned and chopped
- Pinch salt
- 250ml water

METHOD

1. Heat the olive oil; and fry the onion, garlic, ginger, chilli and cinnamon until the onion is browned.
2. Stir in the curry powder and turmeric and fry for 1 minute.
3. Add the vegetables and salt and stir well.
4. Add the water, bring to the boil, cover and simmer for 10 minutes until the vegetables are tender, stirring occasionally.

1. KERALA STYLE VEGETABLE CURRY

INGREDIENTS

Serves 6

- 225g grated coconut
- 120ml coconut milk
- 45ml water
- 1 onion, chopped
- 5 cloves garlic, chopped
- 2.5cm ginger root, chopped
- 10ml ground turmeric
- 2 green chillies
- 250ml natural yoghurt
- 15ml coriander seeds
- 10ml cumin seeds
- 20ml olive oil
- 15ml black mustard seeds
- 225g green beans
- 225g yams
- 225g courgettes
- 3 green bananas
- 1 potato
- 450g pumpkin
- Pinch salt
- 2 springs fresh curry leaves
- 20ml chopped fresh coriander

METHOD

1. Blend the coconut and coconut milk to a paste, adding a little water if necessary.
2. Blend together the water, onion, garlic, ginger, turmeric, chillies, yoghurt, coriander and cumin.
3. Heat the olive oil and fry the mustard seeds until they start cracking.
4. Stir in the puree and fry for 5 minutes until brown, stirring.
5. Cut the vegetables into 2.5cm pieces, add to the pan with salt and fry for 5 minutes.
6. Add the coconut paste and curry leaves, cover and simmer for 20 minutes until the vegetables are tender.

CHICK PEAS WITH TAMARIND

INGREDIENTS

Serves 4-6

- 500g chick peas, soaked overnight
- 50g yellow split peas, cleaned
- 2.8ltr water
- 2.5ml bicarbonate of soda
- Pinch salt
- 40ml olive oil
- 5ml cumin seeds
- 3 large cloves garlic, crushed
- 2.5cm ginger root, chopped
- 1 large onion, finely chopped
- 10ml ground coriander
- 5ml ground roasted cumin
- 5ml garam masala
- 2.5ml ground turmeric
- 2.5ml ground red chilli
- 400g canned tomatoes
- 10ml tamarind pulp

Garnish:

- 30ml chopped fresh coriander
- 1 small green chilli, chopped
- 2.5ml garam masala

METHOD

1. Place the chick peas, split peas, bicarbonate of soda, salt and water in a large pan.
2. Bring to the boil, skim off any scum and simmer over a medium heat for 1 hour 30 minutes until the chick peas are tender.
3. Drain.
4. Meanwhile, heat the olive oil in a heavy-based pan and fry the cumin seeds until lightly browned.
5. Add the garlic, ginger and onion and fry over a medium heat until golden brown.
6. Stir in the coriander, cumin, garam masala, turmeric and chilli.
7. Stir in the tomatoes and cook until all the water has been absorbed and the olive oil appears on the top of the mixture.
8. Add the tamarind pulp and cook until all the liquid has been absorbed.

9. Stir in the cooked chick peas and simmer over a medium heat for further 20 minutes until the mixture thickens.
10. Sprinkle with the garnish ingredients and serve hot.

SPICED CHICK PEAS

INGREDIENTS

Serves 4

- 225g chick peas
- 600ml water
- 2.5ml bicarbonate of soda
- 1 onion, finely chopped
- 3 cloves garlic, chopped
- 1 tea bag
- 30ml olive oil
- 2.5cm ginger root, thinly sliced
- 2 tomatoes, chopped
- Pinch salt
- 2 green chillies, chopped
- 5ml garam masala
- 30ml tamarind chutney
- 15ml chopped fresh coriander

METHOD

1. Soak the chick peas overnight in the water with bicarbonate of soda.
2. Add half the onion and garlic and the tea bag to the chick peas and bring to the boil in the soaking water.
3. Simmer for 20 minutes until tender.
4. Remove from the heat and discard the tea bag.
5. Heat the olive oil and fry the remaining onion and garlic with the ginger until soft.
6. Add the tomatoes, salt, chillies and garam masala and simmer for 2-3 minutes.
7. Add the chick peas and stir well.
8. Cover and simmer gently for 10 minutes.
9. Sprinkle with chutney and coriander and serve hot.

10.MIXED DALS

INGREDIENTS

Serves 4

- 225g mixed dals (red lentils, yellow split peas, split black beans)
- 600ml water
- 5ml ground turmeric
- Pinch salt
- 15ml olive oil
- Pinch asafoetida
- 15ml finely chopped onion
- 2.5ml cumin seeds
- 5ml chilli powder
- 15ml lemon juice

METHOD

1. Boil the dals in the water with the turmeric for 30 minutes.
2. Stir in a little salt and simmer for a further 10 minutes.
3. Heat the olive oil and fry asafoetida, onion, cumin seeds and chilli powder until golden.
4. Add to the dals and cook for a further 5 minutes.
5. Sprinkle with lemon juice and serve hot.

1. BLACK BEANS AND SPINACH

INGREDIENTS

Serves 4

- 100g split black beans
- 600ml water
- Pinch ground turmeric
- Pinch salt
- 225g spinach, chopped
- 15ml olive oil
- 15ml finely chopped onion
- 2 cloves garlic, crushed
- 5ml cumin seeds
- 2.5ml chilli powder
- Pinch asafoetida

METHOD

1. Boil the split beans, water, turmeric and salt the simmer for 30 minutes, stirring occasionally.
2. Add the spinach and cook for 10 minutes.
3. Heat the olive oil and fry the onion and garlic until golden.
4. Add the cumin seeds, chilli powder and asafoetida and fry for 1 minute.
5. Pour over the beans and spinach, cover and cook for 5-10 minutes.
6. Serve hot.

MASOOR DAL

INGREDIENTS

Serves 4-6

- 250g whole green lentils
- 2.5ml ground turmeric
- 1-2 cups water
- Pinch salt

Tarka:

- 30ml olive oil
- 2.5ml mustard seeds
- 5ml cumin seeds
- 1 small onion, finely chopped
- 2.5ml ground red chilli
- 225g canned tomatoes
- 15ml lemon juice

Garnish:

- 15ml chopped fresh coriander
- 2.5ml garam masala
- 1 small green chilli, chopped

METHOD

1. Place the lentils, turmeric, water and salt in a large pan, bring to the boil and skin off any scum.
2. Simmer over a medium heat for 20 minutes.
3. Meanwhile, heat the olive oil in a heavy-based pan and fry the mustard
1. seeds until they start cracking.
4. Add the cumin seeds and onion and fry until golden brown.
5. Stir in the chilli, tomatoes and lemon juice and cook until the water has
2. been absorbed and the olive oil appears on the surface.
6. Stir in the cooked dal and simmer for 5 minutes.
7. Sprinkle over the garnish ingredients and serve hot.

SUKHA DAL

INGREDIENTS

Serves 6

- 15ml olive oil
- 2.5ml mustard seeds
- 1.5ml asafoetida
- 450g whole green lentils, soaked overnight
- 2 onions, chopped
- 3 green chillies, chopped
- 100g desiccated coconut
- 1.5ml ground turmeric
- Pinch salt
- 300ml water
- Juice 1 lemon
- 2.5ml chilli powder
- 15ml chopped fresh coriander

METHOD

1. Heat the olive oil and fry the mustard seeds and asafetida until the mustard seeds start cracking.
2. Add the lentils, onions, chillies, coconut, turmeric, salt.
3. Add the hot water and simmer over a low heat for about 20 minutes until the lentils are tender and the water has been absorbed.
4. Add the lemon juice and sprinkle with chilli powder.
5. Garnish with coriander and serve hot with chappatis, or plain rice and a lamb curry.

LENTILS, GARLIC AND ONIONS

INGREDIENTS

Serves 6

- 350g red lentils, soaked in cold water for 20 minutes
- 1ltr water
- 2.5ml ground turmeric
- Pinch salt
- 45ml olive oil
- 15ml black mustard seeds
- 10ml cumin seeds
- 1 onion, finely chopped
- 6 cloves of garlic, finely chopped
- 2.5ml chilli powder

METHOD

1. Boil the lentils in the water with turmeric and salt for about 20 minutes until tender.
2. Heat the olive oil and fry the mustard seeds until they start cracking.
3. Add the onion and garlic and fry until browned.
4. Add the chilli powder and stir for 30 seconds.
5. Pour over the lentils, stir well, cover and simmer for 10 minutes, stirring occasionally.
6. Serve hot with plain rice, papadums and spicy pork.

RICE DISHES

PLAIN BOILED RICE

INGREDIENTS

Serves 4-6

- 250g basmati rice
- 750ml water
- 10ml olive oil

METHOD

1. Place the rice, water and olive oil in a pan and bring to the boil over a medium heat.
2. Reduce heat to low, cover the pan and cook for 15 minutes.
3. If any water is left dry it off on a high heat but don't stir.
4. Turn off the heat and leave for at least 5 minutes before serving.
5. Separate the grains with a fork and serve hot.

COLOURED RICE

INGREDIENTS

Serves 4-6

- 40ml olive oil
- 5ml cumin seeds
- 5 cloves
- 5 black peppercorns
- 2 bay leaves
- 2.5cm cinnamon stick
- 1 black cardamom pod
- 1 onion, thinly sliced
- 225g basmati rice
- 2 large cloves garlic, crushed
- 5ml garam masala
- Pinch salt
- 225g peas
- 500ml water
- 1.5ml red food colour
- 5ml yellow food colour

METHOD

1. Heat the olive oil in a heavy-based pan and fry the cumin seeds until lightly browned.
2. Add the cloves, peppercorns, bay leaves, cinnamon, cardamom, onion and garlic and fry until golden brown.
3. Mix in the drained rice and fry for 2 minutes.
4. Stir in the garam masala, salt, peas and water.
5. Bring to the boil, reduce the heat to low, cover and cook for 15 minutes.
6. If any water is left, dry off on a high heat but don't stir. Tip the pan to check the water has been absorbed.
7. Turn off the heat.
8. Mix the red colour into one side of the rice with a fork and the yellow colour into the other side.
9. Cover and leave for 5 minutes for serving hot with raita, cauliflower and a chicken dish.

RICE WITH LENTILS AND VEGETABLES

INGREDIENTS

Serves 6

- 450g basmati rice
- 175g red lentils
- 4 cardamom pod seeds
- 4 cloves
- 1 cinnamon stick, crushed
- 15 cumin seeds
- 1.5ml black peppercorns
- 1.2ltr water
- 5 cloves garlic
- 2.5cm ginger root, chopped
- 2 green chillies
- 30ml olive oil
- 2 onions, thinly sliced
- 25g blanched almonds
- 25g raisins
- 1 potato, diced
- 5ml ground turmeric
- Pinch salt
- ½ coconut, grated
- 450ml mushrooms, sliced
- 30ml chopped fresh coriander

METHOD

1. Soak the rice and lentils for 20 minutes then drain.
2. Dry roast the cardamom, cloves, cinnamon, cumin and peppercorns until slightly coloured then puree with 45ml of water, the garlic, ginger and chillies.
3. Heat the olive oil and fry the onions until browned.
4. Remove from the pan and drain. Add the almonds and raisins and fry until golden brown.
5. Remove from the pan and drain.
6. Add the puree to the pan and stir over a low heat until the olive oil appears on the surface.
7. Add the rice and lentils, potato, turmeric, salt and coconut and cook for 5 minutes.
8. Add the remaining water and cook for 5 minutes, stirring occasionally.

9. Add the mushrooms and coriander, cover and cook for 6-8 minutes until the liquid has evaporated and the rice and vegetables are cooked.
10. Garnish before serving.

1. CHICKEN BIRYANI

INGREDIENTS

Serves 4

- 1 chicken, skinned
- 600ml natural yoghurt
- 20ml olive oil
- 3 onions, sliced
- 225g basmati rice
- Pinch salt
- 5ml saffron strands
- 15ml hot milk
- 25g flaked almonds
- 50g raisins

Marinade:

- 2 onions, chopped
- 5 cloves garlic, chopped
- 1 cm ginger root, chopped
- 1 sprig fresh coriander
- 1 sprig fresh mint
- 4 cardamom pods
- 2 blades mace
- 3 cloves
- 10ml poppy seeds
- 2.5cm cinnamon stick
- 3 green chillies

METHOD

1. Clean the chicken and reserve the liver and kidneys.
2. Cut the chicken into 4-6 pieces and slice the liver and kidneys.
3. Grind together the marinade ingredients then mix with yoghurt, pour over the chicken and leave to marinate for 2 hours.
4. Heat the olive oil and fry onions until golden.
5. Add the chicken pieces. Place in a pan and cook over a gentle heat for about 45 minutes until tender.
6. Meanwhile, boil the rice in salted water for about 8 minutes until almost cooked.
7. Layer the rice and chicken in a casserole dish and dot with olive oil.
8. Dissolve the saffron in the milk and sprinkle over the top.

9. Cover tightly with foil and the lid and place the casserole dish in a large pan half-filled with hot water.
10. Bring to the boil and simmer for 30 minutes.
11. Fry the almonds and raisins in a little olive oil and use to garnish the biryani.

12.BREADS

ROGHNI NAN

INGREDIENTS

Serves 4-6

- 10ml dried yeast
- 10ml sugar
- 30ml lukewarm water
- 500g plain flour
- 40ml olive oil
- 1.5ml bicarbonate of soda
- large pinch of salt
- 120ml lukewarm milk
- 30ml natural yoghurt
- 15ml milk
- 15ml sesame seeds
- 15ml onion seeds

METHOD

1. Mix the yeast, sugar and water in a small bowl, cover and leave in a warm place for 30 minutes until frothy.
2. Place the flour in a bowl and rub in the olive oil and the bicarbonate of soda.
3. Mix in the salt, milk, yoghurt and yeast mixture and knead for 5-10 minutes until springy and satiny.
4. Cover and leave in a warm place for 3-4 hours or until doubled in size.
5. Roll half the dough into a 15 cm strip then divide it into 6 equal portions.
6. Repeat with the other half. Flatten each portion with the palm into an oval shape about 5mm in thick and arrange 4 or 5 nan on greased baking sheet.
7. Brush the tops with milk and sprinkle with sesame and onions seeds.
8. Repeat with the remaining nan.
9. Bake in a preheated oven at 240 °C/475°F/ gas mark 9 for 7-9 minutes until golden brown, repositioning the sheets during cooking if necessary.

13.MAIZE CHAPATIS

INGREDIENTS

Makes 10

- 150g maize flour
- 150ml lukewarm water
- Dribble olive oil

METHOD

1. Place the flour in a bowl and blend in the water to smooth dough.
2. Cover and leave for 30 minutes.
3. Divide the dough into 10 equal portions, roll each one into a ball and flatten with your fingers to about 5cm diameter.
4. Heat a flat frying pan over a medium heat and smear with olive oil.
5. Place the chapati in the pan and fry until light golden brown on both sides.
6. Smear with olive oil before serving.

ROTI

INGREDIENTS

Makes 10

- 450g wholewheat flour
- 300ml water
- Dribble olive oil

METHOD

1. Save a little flour for dredging.
2. Gradually mix the water into the remaining flour until smooth, cover with a damp cloth and leave to stand for 20 minutes.
3. Knead the dough again then divide it into 8 portions and roll them into thick rounds.
4. Take 1 at a time, spread a little olive oil on the surface, roll in into a ball then roll it out again, keeping the remaining dough covered while working.
5. Take 1 round, brush both sides with olive oil then fry lightly on a frying pan then transfer to a hot grill to finish cooking.
6. Serve straight from the grill, brushed with little more olive oil.

ACCOMPANIMENTS

SPICY CUCUMBER RAITA

INGREDIENTS

Serves 4-6

- 1 cucumber
- 600ml natural yoghurt
- Pinch pepper
- 2 green chillies, chopped
- 45ml chopped fresh coriander
- 5ml cumin seeds
- 2.5ml garam masala

METHOD

1. Peel the cucumber and grate it coarsely.
2. Squeeze out the excess moisture.
3. Beat the yoghurt then stir in the cucumber and pepper and spoon into a serving bowl.
4. Sprinkle with the chillies and coriander.
5. Dry roast the cumin seeds for a few seconds until golden then grind and sprinkle over the yoghurt.
6. Dry roast the garam masala for a few seconds until darkened then sprinkle over the raita and serve.

SPICY POTATO RAITA

INGREDIENTS

Serves 4

- 3 boiled potatoes, cubed
- 450ml natural yoghurt
- Pinch salt and pepper
- 2 green chillies, chopped
- 15ml olive oil
- 5ml mustard seeds
- 1 tomato, skinned and chopped
- 2 curry leaves

METHOD

1. Mix the potatoes with the yoghurt, salt, pepper and chillies.
2. Heat the olive oil and fry the mustard seeds until they start cracking.
3. Add the tomato and curry leaves and fry until the fat appears on the surface and the tomatoes are cooked.
4. Stir in the yoghurt.

1. DESSERTS

FRUIT CHAT

INGREDIENTS

Serves 4-6

- 100g apples
- 100g pears
- 100g guavas
- 100g seedless grapes
- 3 bananas
- 30ml lemon juice
- 15ml sugar
- 5ml garam masala
- 2.5ml ground red chilli
- Pinch salt

METHOD

1. Cut the apple, pear and guavas into 2.5cm pieces, separate the grapes and slice the bananas.
2. Place in a bowl with the remaining ingredients, toss together gently and serve cold.
3. You can substitute other fruits of your choice, such as pineapple, orange, papaya, apricot, peach and melon.

2. YOGHURT WITH FRESH FRUITS

INGREDIENTS

Serves 4

- 450ml natural yoghurt
- 45ml sugar
- 2 bananas, thickly sliced
- 100g seedless grapes
- 2 peaches, peeled and cubed

METHOD

1. Whisk the yoghurt until smooth and place in a serving dish.
3. Stir in the sugar then the fruits and chill before serving.

Thank You.

I do hope you enjoyed this Recipe book and have had pleasure cooking and eating some of the dishes.

If you did then you might like to also check out some of these other Recipe sources.

Best wishes

-8-YourFullName-8-

Other Sources of Inspiring Ideas.

[Secrets Of The Indian Restaurant Curry](#)

This cookbook is not just another collection of recipes, Secrets of the Indian Restaurant Curry is a hands-on guide which actually shows, step-by-step, how Indian restaurant chefs create such wonderful meals.

[5 Star Indian Recipes](#)

Five Star Indian Recipes will delight every Indian food lovers. Beautifully arranged in full colour and packed with new recipes specially chosen by Award winning Chefs.

[Jamaican Cooking Made Easy - 3rd Edition](#)

Jamaican Cooking Made Easy Third Edition has Jamaica's best recipes, with recipes by Jamaica's top chefs and cooks to traditional recipes from Jamaica's home cooks in every parish of the country. With the best main dishes, appetiser recipes, side dish recipes, breakfast and dessert recipes these Jamaican recipes can last you for a lifetime.

[500+ Healthy Chinese Recipes Cookbook](#)

Chinese cuisine aims for perfection and balance among four elements in each dish: color, aroma or fragrance, flavor, and presentation. Complete with 173 Colour pictures

[Quick Easy Chinese Vegetarian Cooking](#)

Quick and Easy Chinese Vegetarian Cooking is your complete Chinese cookbook guide that shows you how to cook delicious and healthy Chinese vegetarian recipes that can significantly improve your diet and health.

[Lose Weight - 6 Week Body Makeover](#)

128 handpicked recipes especially for use with the five main body types found in Michael Thurmond's 6 Week Body Makeover.

[Yeast Free Cooking Manual/Cookbook](#)

Instead of knocking yourself out trying to come up with just the right recipe conversion or extra ingredient, you can now have a scrumptious meal on the table in no time and not worry about possible allergic reactions.

[Fat Fighting Foods](#)

Every single one of these foods can help you lose more weight. They have either been directly scientifically proven to aid weight loss (such as grapefruit) or are rich in specific nutrients that stimulate thermogenesis (fat burning).